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# CHAIR PILATES

is returning

WEDNESDAYS

2pm

Hanslope Village Hall

£6 pay as you go

BOOKING ESSENTIAL

07587155018 (text)

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What is Chair Pilates and why do it?

- its a gentle form of Pilates for those with reduced mobility
- excellent for increasing flexibility, muscle tone and circulation
- improves balance and coordination
- gives greater core strength and stability