PILATES STYLE

Move • Strengthen • Stretch • Breathe

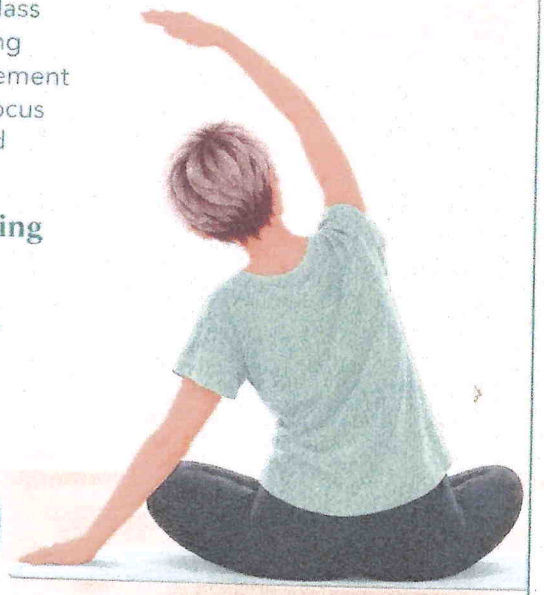
ALL LEVELS WELCOME

No previous experience needed

A gentle yet effective class combining strengthening exercises, mindful movement and stretching, with a focus on posture, balance and core strength.

Tuesday morning
10:00 – 11:00

Salle de danse, Montcuq



YOUR FIRST CLASS IS FREE!

€12 per class
or
5-class pass €50

FOR MORE INFORMATION:

Elsbeth Hedges

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