New Pilates Class in Redford Village Hall

Starting Wednesday 6th September at 9:15am

Beginner - Intermediate



Run by Jenny Palmer, who has been practicing Pilates since 2000. She completed the rigorous and comprehensive Classical Pilates training course in early 2013, allowing her to teach all levels of Classical Pilates on all apparatus.

Prices

£15 drop-in

or

buy a class pass (5 for £70, 6 for £78, 7 for £88, 14 for £140)

to use over the “Early Autumn” Seven-Week Term

Please bring a thick Pilates mat, or a Yoga mat (or two, if you have them, as they are thin) and a hand towel. Also, if you have them, a yoga block and strap.

Dress in movement clothes - nothing too loose and nothing with zips or dangly bits. Socks or bare feet are fine.

Email: lightwellpilates@gmail.com
Website: https://lightwellpilates.com/