

Pilates Class in Redford Village Hall

Wednesdays (during school terms) 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

£90 for the 7 week course

New course starting the first Wednesday of November

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/>