

Starts 15th Jan 2024

Complete Beginners Pilates

Mondays 6-7pm

All Welcome £7 per class / check availability & pre-book

Frank Myler Pavilion Widnes

(next to Ditton Primary school, Liverpool rd, WA8 7HD)

Why Pilates?

- A perfect rehab for general back pain
- Core strength to support better posture & back strength
 - A gentle tonic for “Mind & Body”
- Toned muscles/ trimmer waistline/ flexibility/ energise
 - Go at your own pace
- Better concentration, better balance, feel good factor
 - Relaxation to finish /de-stress

For further information and to book your place contact:
Nikki 07986 576058 / nicola67@yahoo.co.uk

For Frank Myler Pavilion call: 0151 511 8282
For further information on Physical Activity in Halton contact:
Paula Parle on 0151 511 8550 paula.parle@halton.gov.uk