

Lunchtime Pilates at Quay Place

Do you want to feel rejuvenated?

Do you want to feel as if you have massaged your body?

Do you wish to treat yourself to a little me time?

SO.....Bring your mats and

Come and join us at Quay Place.

When: Wednesday 29th March 12.30-1.30 Pilates class. This is a 5 week course

Price:£50.00

I promise to have you leaving refreshed and ready for the second half of your day!

Email: Michaelaspilates@yahoo.co.uk to register.

