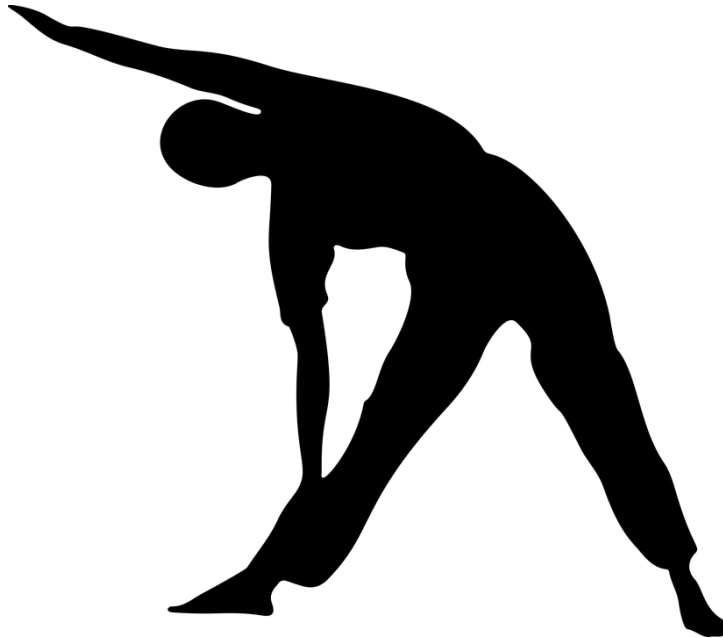


Pilates Class

Improve your balance, posture, flexibility and strength at
our new weekly Pilates Class



Wednesdays 10.30 –11.30 beginning on 18th September

All Saint's Centre, opposite the Minster

Cost: 6 TimeCredits or £27 for six week course payable in
advance *(which works out at one TimeCredit or £4.50 per week)

The class size will be limited to 12 to enable everyone to get adequate
support from Lynsey, our instructor. Book early to avoid
disappointment.

You will need to bring your own exercise mat.

To book your place email Christine.batchford@timebuilders.org.uk or
phone 07419200405

* Alternative payment arrangements can be made if needed