

## PILATES CLASSES IN CLEARBROOK VILLAGE HALL



Emma Denton (who used to live in the village) would like to offer a series of introductory Pilates classes:

The next dates are: Monday 31/07/23 and Monday 07/08/23 from 6.00pm-7.00pm.

The price per class after that is £8 per class. This is a beginners class but actually for any ability as I can offer alternatives to the exercises. We will focus on posture, mobility, flexibility, balance, strength, core and pelvic floor- fantastic for ladies of all ages and men! Pilates is a wonderful, mindful exercise to do for your health and wellbeing. I hope it's fun as well!

I hope this suits and I welcome any feedback.

I am happy to be contacted in my mobile, or email:

07543 644680

[Emmathepilateslady@gmail.com](mailto:Emmathepilateslady@gmail.com)

The hope is that we can restart in September if there is interest, and I can offer packages for payment etc.

Please see this booking link for the Monday Pilates class -

<https://gymcatch.com/app/provider/6327/events>

It is also available via my Facebook page - The Pilates Lady

For those coming, please bring your own mat, small towel and water bottle.

I do have some mats that are available to buy at the session if any one needs one.

Thank you very much

Emma Lynas

The Pilates Lady