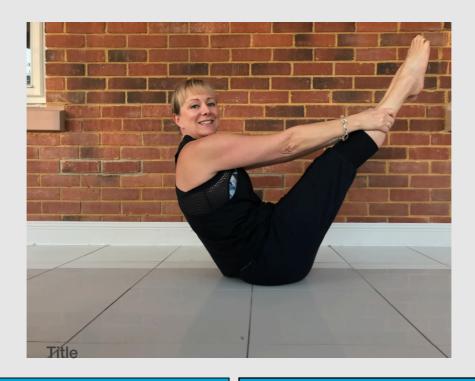
Pilates



MONYASH VILLAGE HALL TUESDAY EVENINGS 6-7PM

EVERYONE WELCOME.

SUITABLE FOR ALL AGES, LEVELS OF FITNESS & FLEXIBILITY.

NO FANCY GEAR NEEDED!

INSTUCTOR CAROLINE WEBSTER

I live in Monyash and am a fully qualified Pilates and Yoga instructor.

If you would like to reserve a place or discuss further please contact me on:

Phone 07831 720810

Email carolinewebster2@gmail.com