

# 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**