

PILATES CLASS

MANATON

WHEN: TUESDAY afternoons from 13.30-14.30 pm

WHERE: MANATON PARISH HALL

How much: £49 for 7 class term or £8 drop-in class

Pilates is a gentle, but effective form of exercise, which strengthens core muscles, increases flexibility and joint mobility, and improves posture and balance.

Taught by Candice Skilton, an ex-professional dancer, this class is beginner/intermediate level.

If you would like to attend, please contact Candice to register in advance:



Candice Skilton
Pilates Instructor - level 3
candice.skilton@gmail.com
07976 927118

