



PILATES CLASSES

LENGTHEN - STRENGTHEN - MOBILITY

I AM DELIGHTED TO WELCOME YOU TO
MIXED ABILITY PILATES CLASSES

THE FUNDAMENTALS OF PILATES
FOCUS BREATH CONTROL CENTRING
PRECISION OF MOVEMENT
RELAXATION ALIGNMENT FLOW

CLIENT ENROLMENT FORM MUST BE COMPLETED
AND RETURNED BEFORE START PROVIDED BY EMAIL

THANK YOU - *ASHIA*

LOCATIONS:

RIDDLEDOWN LAWN TENNIS CLUB
LOWER BARN ROAD
PURLEY
CR8 1HQ

WEDNESDAYS - 7:30PM

ST EDMUNDS CHURCH
MITCHLEY AVENUE
SOUTH CROYDON
CR2 9HL

FRIDAYS - 9:30AM & 10:40AM

CLASS DURATION: 1 HOUR

PRICE: £12 BLOCK BOOKING, £14 DROP IN SESSIONS

PLEASE BRING A MAT - ALSO PROVIDED

(*SUBJECT TO AVAILABILITY - CONTACT ME*)

 PILATESBYASHIA



PILATESBYASHIA@GMAIL.COM



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