

BACK IN BALANCE PILATES COURSES AT HBT COMMUNITY CENTRE



Group Mat Work Pilates Courses at HBT Community Centre

Thursdays

8.15am Early Bird Pilates

9.15am Multi-level

10.15am Release, Stretch and Strengthen

Limited spaces available. For further details contact Caroline McCord on 07817 503546 or caroline@backinbalancepilates.com

Pilates helps promote

Deep muscle toning

Back strengthening

Postural awareness

Core stability

Inch loss