

Mat Pilates

Improve Mobility & Balance



Through Core training breathing exercises and posture alignment in a relaxing background music session, helping you engage and stabilize your deep muscles in every movement.

**Mat Pilates Classes at 'Belmont Park Hut'
Mondays 6-7 pm.**

Free first taster session, afterwards £7 drop in or £30 purchased 5 in a block.

More information contact Doris by email: matpilates.121core@gmail.com and on **077 69687319** as well as by messenger at her facebook page '<https://www.facebook.com/exetermatpilates/>

Please Bring your own 'Pilates /Yoga Mat' if you have one; other ways please let her know to bring one for you!

Also individual 1 2 1 classes or in a group at your place

REPS Skills Register Member - Public Liability Insured - DBS checked
- VCTC qualified