

Toneup2Fitness



PILATES



Do you want to improve Posture, Mobility & Balance?
Do you want to Tone up, gain core strength & flexibility?
Do you want to have Fun & learn to relax?

Then Pilates is Right for You!

Info: www.toneup2fitness.com T: 07769 687319

Taster Session £5

Booking Required E: doris@toneup2fitness.com

A class designed to strengthen the core muscles that help stabilised and support the spine, toning the body aiding to improve posture and alignment as well as relieve stress and tension. Pilates brings mind and body together, its controlled approach helps to gain long lasting results, it helps to ease back & joint pain.

Pilates is suitable for everyone

Monday: 18:00-19:00 Belmont Park Hut. Exeter EX1 2DH

Tuesday: 10:00-11:00 Belmont Park Hut. Exeter EX1 2DH

Discount prices on courses / 1 2 1 Sessions & in groups

Check on Facebook: www.facebook.com/exetermatpilates

Doris is an experienced teacher UK REPS member/ VCTC /
UK Qualified/ Public Liability Insured

