

PEAK PILATES



NEW PILATES CLASS IN HENBURY

Classes begin from Wednesday the 6th of October

When: 6-7pm Wednesday evenings

Where: St. Thomas Church Hall, Church Lane, Henbury, SK11 9NN

Why Pilates?

- Improve your alignment and posture
- Strengthen and tone your core
- Develop your flexibility
- Adaptable to all fitness levels

First class free!
Call or email to
reserve your
space

Charlotte Hodges
Qualified Body Control
Pilates instructor

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