

PILATES

Intelligent Exercise

SPRING TERM CLASSES

Starting on Thursday
January 7th, 2010

8:45-9:45am

in the gym



Classes are also available at Thirsk, Topcliffe & Bedale

Taught by a Certified Pilates Instructor & Movement Therapist

To book a place please ring Nicole on 07887 581364

www.moorlanetherapies.co.uk