

# PILATES WITH JENNY



Pilates is a safe and effective exercise system that can improve your strength, flexibility and overall mobility. It is suitable for everyone regardless of your level of fitness.

I am a fully qualified Body Control Pilates Instructor, including bone health and Pilates for performance.

Classes every Monday at the War Memorial Hall, Watton-at-Stone 5.30pm, 6.30pm, 7.30pm

For more details contact Jenny on:

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