

~ **NEW for September 2021** ~

Pilates Class

- Location:-** Hamstead Marshall Village Hall,
Park Lane, Hamstead Marshall RG20 0HL
- Day & Time:-** Tuesdays 09:30 to 10:30am
- First Class:-** 7th September 2021
- Price:-** £8.00 Pay as you go
£50 for all seven sessions up to and
including 19th October 2021

If you have been thinking of joining a Pilates class but have been a bit nervous or reluctant, this is the one for you. It's a totally new class so there are no barriers, everyone will be new. I am branching out from teaching at health clubs so I am new to community classes as well.

Places limited to 9 participants.

Visit my website for more details at www.jennyfitness.co.uk or e-mail me at hello@jennyfitness.co.uk or even text or call on **07919 173839** (poor phone signal but will return call or text)

I am a qualified Pilates Teacher (NVQ level 3). I also offer Personal Training, swimming lessons and small group training. All suggestions welcome, so please get in contact.

- Jenny Carter