

~ Pilates Class ~

- Location:-** Hamstead Marshall Village Hall,
Park Lane, Hamstead Marshall RG20 0HL
- Day & Time:-** Tuesdays 09:30 to 10:30am. Term time with occasional classes in school holidays.
- Price:-** £8 per class if booked as a block,
£9 per class pay as you go if space

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 is a relatively new class, running since September 2021. There are no barriers. It doesn't matter if you have no experience, it's non competitive. It is also light-hearted and hopefully fun.

Limited to 10 participants each week.

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.

- Jenny Carter