



NEW GROUP CLASSES
BOOK YOUR PLACE FOR JANUARY
TODAY!

GROUP PILATES



Mat based Pilates classes (pre booked 6 week courses)

A chance to join a small and closely supervised Pilates class. Suitable for all ages and abilities the slow, controlled, flowing movements of Pilates primarily strengthen the 'core' (deep abdominal) muscles that help stabilise and support the spine. This helps to realign the body and correct postural problems. Pilates helps with the relief of lower back pain and prevents further damage by increasing strength and flexibility.

Lunchtime and evening groups.

Rayleigh House, 32 High Street, Bookham,

01372 458984

www.finefettle.org