

Pilates



Holistic Mixed Level Classes

with **Debbie Maltby**

Fully insured and qualified with over 20 years teaching experience

Virginia Water Community Centre

Mondays 18:45 – 19:45

Thursdays 18:00 – 19:00

Saturdays 09:00 – 10:00



Only £10 per session

Benefits include:

Core Stability, Good Posture, Strength, Flexibility, Joint Mobility, Reduced Back tension,
Weight Control, Body Conditioning, Improved Immunity, Better Balance, Enhanced Breathing,
More Energy, Reduced Stress, Improved well-being, Relaxation, Restful sleep.



Beginners welcome

Mats available to borrow.



To book, or for more information

email: debbie@holistic-lives.co.uk

Telephone: 01344 843804

www.holistic-lives.co.uk



SCAN FOR MORE INFO

