

Pilates Group 1

We meet at 9.20 at the Free Church Hall on Thursday mornings for a wonderful Pilates session with Tony. It costs £6 per session plus £1 to cover the cost of the hall in some months (subsidized in other months). We pay one month in advance.

Currently the group is full but a waiting list is in operation. As the group has been going for some time with a stable membership the level is now reaching intermediate so a new member joining without previous Pilates experience would need to have a one to one session with Tony prior to joining. This is essential to prevent injuries.

Leader: Helen Parrish

