

# Pilates

## **COMPLETE BEGINNERS**

6 week courses starting 13 September

**Mondays: 8.00-9.00pm**

Vandyke Upper School

**Wednesdays: 9.45-10.45am**

Trinity Methodist Church Hall

Other classes available – see website

Places limited: please book in advance

**£42.00 for a 6 week course**

Contact: Debra Goss on 01525 850368

**[www.zestfitness.net](http://www.zestfitness.net)**