



PILATES CLASSES FOR EVERYONE!

Saturdays 12-1pm at:

Xercise4Less

1-2 Barracks Road, Newcastle, ST5 1AW

£5 per class – call 01782 940777 to book

More classes to be announced...



Increase muscular strength, endurance and tone with a series of mat based exercises

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Gain greater flexibility and mobility

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Improve posture and balance

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Reduce lower back pain

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Beginners welcome

**CONTACT KELLY FOR
MORE INFORMATION ON:**

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OR

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