



Pilates

Only £6 pay as you go

Pilates is the 'go to' exercise used by Physios and Sport Therapists and is suitable for anyone, regardless of fitness level, gender or age. We often discover Pilates when we are 'broken', suffering with back or joint pain, stiffening of joints and wishing to improve posture and core strength. Pilates is a form of exercise which conditions the body, stretches and strengthens all the muscles giving your body a well-defined shape. It targets the deep stabilising muscles that are vital for good posture and health.

For more information and maps visit popuppilates.me.uk

Call Sarah on 07866 188 085

Or email sarah@popuppilates.me.uk

Plymouth 11th Scout Hut—Peverell

Monday

Pilates Mixed Ability

1.30pm-2.30pm

Tuesday

Tweens & Teens

6.00pm-6.45pm

Pilates Mixed Ability

7.00pm-8.00pm

Thursday

Absolute Beginners/Mixed

1.30pm-2.30pm

Mixed Ability

6.30-7.30pm

Keyham Green Places

Wednesdays

4.55pm-5.55pm & 6.00pm-7.00pm

Limited spaces available, priority will be given to those that reserve online— payment is accepted at the beginning of class by cash or card



Plymouth 11th Scout Hut

Peverell, PL3 4PD

EVERY MONDAY

Beavers 6-8 years 5.10pm-6.10pm

Cubs 8-10 1/2 years 6.15pm-7.45pm

ONLY £30 a term, each term is approx. 10 weeks

Please contact Jane Black for further information

Mob 07719706326

Email: janeblack512@gmail.com

Parents tell us their children benefit hugely from the adventures, fun and friendships they experience. It can help develop your child's social skills and independence, and give them access to some amazing and memorable opportunities.

