

# Shape up with Clinical Pilates from St Judes

Flatten your tummy, strengthen your muscles and improve your posture with this gentle but effective exercise. Small group classes are taken by Chartered Physiotherapists who are also fully qualified APPI Pilates instructors – so you know you are in safe hands.



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more!

**Classes are as follows:**

**Linslade School Dance Studio - Thursdays 7 pm & 8.05 pm**  
**Mentmore Road Pavilion, Leighton Buzzard - Tuesdays 1.30 pm, Wednesdays 7 pm & 8.05 pm.**

**For more information go to our website page:**  
**[www.stjudesclinic.com/treatments/pilates](http://www.stjudesclinic.com/treatments/pilates)**

Clients will require a 45 minute assessment prior to attending the course to ensure the programme is tailored to their own needs. Individual, 2:1 & pregnancy Pilates sessions are also available.

**01525 377751**

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[www.stjudesclinic.com](http://www.stjudesclinic.com)

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