

Pilates Fitness Wellbeing

making the most of you



with

Sarah Schofield

(Level 4 Advanced Teacher of Pilates)

Including teaching for pre and postnatal, also the elderly and people recovering from injuries or surgery especially orthopaedic.

Over 10 years experience, with a nursing background.

Aerobics

Monday 7:15 – 8:15pm

Pilates

Wednesday 7:00 – 8:00pm

Friday 10:00 – 11:00am

£9.00 per class

Tuddenham Village Hall

Call 07791330924 for details