



ILSINGTON VILLAGE HALL

'A Hall for Everyone'

Moor Than Fitness Pilates

Tuesdays 1800 – 1900

Pilates sessions are open to everyone being a whole body exercise designed to improve daily activity and livelihood. It is a challenging low impact exercise method that improves posture, mobility, flexibility and strength, particularly the deeper core muscles, enhancing sports performance as well as having a positive effect on low mood, injury prevention and pain. Exercises can be tailored to suit all abilities and individual needs.

For more information contact Carol Wykes on
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