

Pilates

For Total Beginners & Improvers

Men & Women welcome

- A perfect rehab for back pain
- A gentle tonic for Mind & Body
- Core Strength to support better posture/ Balance
- Toned muscles/ Slimmer waste-lines/ Increased flexibility
 - Better concentration/ Feel-good factor
- Go at your own pace/ Get to know your own body
 - Relax & Destress

11am-12pm Every Wednesday £7

Frank Myler Pavilion, Liverpool rd, Widnes, WA87EZ

(next to Ditton Primary School, sat nav WA87HD)

To check availability and pre-book Call Nikki: 07986 576058 nicola67@yahoo.co.uk

For further information on Physical Activity in Halton:

Call Paula Parle 0151 511 8550

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