

# Fitness *Pilates* at Brabyns



## **Fitness Pilates**

My low impact classes focus on building your body's core strength, flexibility, agility and improving posture through a series of low repetition stretching and conditioning exercises. It is a complete workout which helps your mind and body to work in harmony. All exercises are developed with modifications to make them safe but challenging for a person at any level. I like to use equipment to enhance the basic exercises and create enjoyable routines.

**All classes are drop in, just turn up and join in.  
For more information please call me or visit my web site.**

**MONDAYS AT 9.30 AM  
TUESDAYS AT 19.45 PM  
FRIDAYS AT 10.30 AM**

BRABYNS PAVILION, Brabyns Park, Station Road, Marple Bridge, SK6 5DT



FOR CLASS DETAILS CONTACT LICENSED INSTRUCTOR

**JULIE CROSS**

**07776 474181**

[juliecrossfitnessandpilates.com](http://juliecrossfitnessandpilates.com)