

HAWK GREEN READING ROOM PILATES CLASS

WITH JULIE CROSS

Fitness *Pilates*

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.**

MONDAY AT 18.30 PM FITNESS PILATES

The Reading Room, 28 Upper Hibbert Lane, Hawk Green, Marple, Stockport SK6 7HQ



FOR CLASS DETAILS CONTACT LICENSED INSTRUCTOR

JULIE CROSS

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juliecrossfitnessandpilates.com