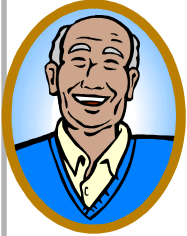


Pilates

YMCA Hawker Centre, Lower Ham Road, Kingston



Open To ♦ All



We Offer ♦ Pilates (slow and measured movements to create lean and strong muscles, improves posture, flexibility, and prevents injury)



Contact

020 8296 9747
www.kwymca.org.uk