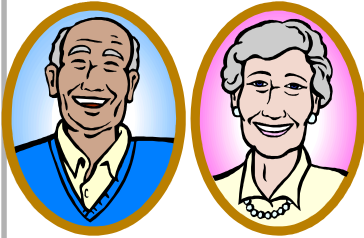


# Pilates

Chessington Methodist Church Hall, Church Lane,  
Chessington



Open To ♦ All



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



Contact

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