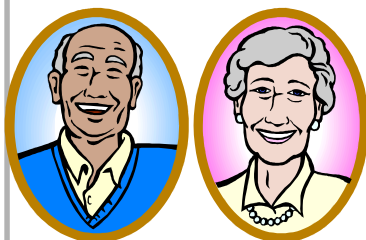


Pilates

North Kingston Centre, Richmond Road, Kingston
Coombe Evening Centre, Darley Drive,
New Malden
United Reform Church, Raeburn Avenue, Surbiton



Open To

- ◆ All beginners, improvers, progressive



We Offer

- ◆ Pilates (slow and measured movements to create lean and strong muscles, improves posture, flexibility, and prevents injury)
- ◆ Introduction; beginners; improvers; progressive



Contact

North Kingston Centre
020 8296 6976
Coombe Evening Centre
020 8547 6875
United Reform Church
020 8547 6875