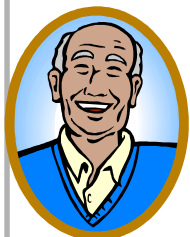


Kingston Pilates

Barnfield Community Centre, Parkfields, off Park Road, Kingston



Open To ♦ All



We Offer

- ♦ Pilates (slow and measured movements to create lean and strong muscles, improves posture, flexibility, and prevents injury)
- ♦ Classes in groups, 1:1 or remedial



Contact

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