



**Body Control® Pilates classes at Parwich
Village Hall**

1.p.m Wednesdays

Reduced fee of £6.

**A trial class will be run on a drop in basis,
subject to demand, followed by termly
payments.**

Limited numbers to ensure Personal Supervision...Booking Essential

Call Rosalind Hoyes on 07903 778619 or 01629
258753

Email; rosalindhoyes@yahoo.co.uk

www.rosalindhoyespilates.co.uk

Ten Years Teaching Experience. Private tuition
available.

Pilates;

·Strengthens ·Tones ·Relaxes and Realigns the Body

It's for Everyone and It's Fun!

