

Pilates classes in Great Bowden and Market Harborough

- Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements
- Pilates emphasizes proper postural alignment, core strength and muscle balance
- Studio 44 Pilates run pilates classes which are suitable for all levels from beginners to advanced
- We also hold pilates classes specially designed for seniors
- Courses run during term time and are paid for in advance
- Check out our online classes too!

I've been coming to Louise's Pilates classes for a year and I love it!!!! She gets to know your limits and capabilities really quickly and tailors the exercises to suit you. I'm in a lovely mixed-age class and there's a wonderful, happy atmosphere. We've all come on immensely and I'm really feeling the benefits – I feel stronger, more supple and more energised!

For further information contact Louise:

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