



Pilates



- Pilates dramatically increases core strength and when practised regularly it will produce incredible benefits for your body. It is extremely safe and beneficial to those with back problems, sports injuries, pre or post-natal as well as those who are 100% fit and want to stay that way.
- Pilates is a method of exercise that evenly conditions the body. It stretches and strengthens the muscles giving the body a well-defined shape and particularly targets the deep “core” muscles that are so important for good posture.
- Pilates concentrates the mind and encourages correct breathing increases lung capacity and blood circulation. It improves bone density promoting good joint mobility.
- Classes are targeted at different levels from beginners through to advanced.
- **Times:** Monday 2pm, 6pm and 7pm.
Wednesday 6pm and 7pm.
Friday 9:30am, 10:30am, 11:30am
- **Price:** £10 per class when booked in a block, blocks are run during school terms and range from 5 to 8 weeks. If in doubt , you can trial a class for £10 before committing to a block.

At Archway we are committed to offering a wide range of good quality classes to help people improve and maintain their health. These classes are held in our warm, light, purpose built studio which benefits from underfloor heating

For more information:

Classes are bookable via www.bookeo.com/archwayhealthhub

Telephone: 01858 410820

Email: info@archwayhealth.co.uk

