

Body Balance

- Body Balance is the yoga, tai chi, pilates workout that builds flexibility and strength, leaving you feeling centred and calm.
- Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

Sessions:

Monday: 20:00 - 21:00

Wednesday: 10:30 -11:30am

Friday: 10:30 - 11:30am



For more information:

Web: www.everyoneactive.com/centre/lutterworth-sports-centre

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