


















POSTURE POSITIVE

MOVEMENT METHOD

Community Classes



DAY	TIME	CLASS	INSTRUCTOR	DURATION	VENUE
MONDAY 	9:30am	My-Barre	Carol	 45 mins	 Washingborough Community Centre
TUESDAY 	6:30pm	Fitness Pilates	Kate	 45 mins	 Washingborough Community Centre
THURSDAY 	9:30am	Pilates	Carol	 45 mins	 Nettleham Old School
	12:30pm	Seated	Carol	 45 mins	 Branston Church Hall
	1:30pm	Pilates	Carol	 45 mins	 Branston Church Hall
	6:30pm	Fitness Pilates	Kate	 45 mins	 Washingborough Community Centre




Venues

Washingborough Community Centre | Branston Church Hall | Nettleham Old School





GENTLE, EFFECTIVE MOVEMENT FOR EVERY BODY - *especially women 40+*



Improves heart health



Reduces aches & pains



Builds strength



Improves balance



Increases flexibility



Supports healthy posture



Boosts confidence



Improves sleep



Supports overall wellbeing

NO TWO SATURDAYS ARE THE SAME!

Something different every week.