



Gosport and Fareham

Pilates

Lee on Solent Community
Centre

51 Twyford Drive

Lee on Solent

PO13 8JU

Every
Monday
from 13:45

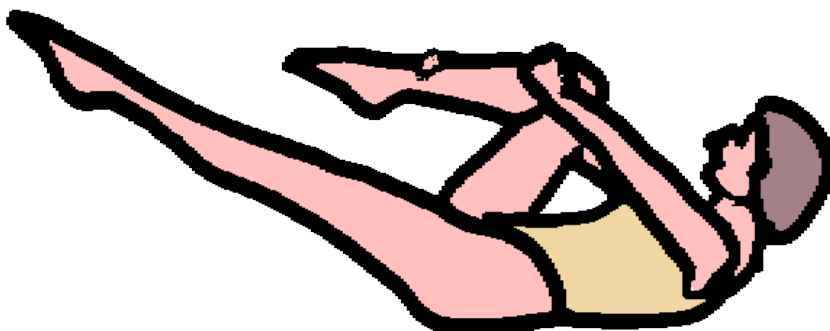


Pilates is a complete exercise method developed by its founder Joseph Pilates over the course of a lifetime dedicated to improving physical and mental health.

Pilates focuses on building your body's core strength and improving your posture through a series of low repetition, low impact stretching and conditioning exercises.

Pilates goes far beyond your core muscles however and not only provides a complete body workout (you will be working muscles you didn't even know you had!), but also helps you develop an awareness of how your body works, helping your mind and body to work in harmony.

Please bring a mat and something to drink. There is a suggested donation of £5 per class.



Gosport and Fareham MS organise and support these classes.