



Pilates Matwork Class at Jubilee Rooms, Christ Church,
Tettenhall Wood
Monday 9.30-10.30

Hi, Jubilee Rooms hosts a mixed ability Pilates class on a Monday morning and newcomers are very welcome to come and join this small friendly group run by Zoe.

Pilates is for everyone, suitable for all ages and fitness levels. Whether you want gentle exercise or a dynamic workout The Pilates Method conditions and re-aligns the body, targeting deep postural muscles.

It will:

Build strength

Increase mobility

Increase flexibility

Improve posture

Relieve unwanted stress and tension

All of which lead to improved body awareness and it's fun!

If you'd like to come and try a class then please contact Zoe on mobile 07546 146 246, or email her at info@zestforpilates.co.uk

Thanks and looking forward to seeing you soon. 😊 Zoe

BCP Accredited Pilates Matwork Teacher
Register of Exercise Professionals Member
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