

Move Better... Feel Better

Movement Awareness Pilates classes in Lancing Parish Hall

“If your spine is stiff at 30,” Joseph Pilates said, “you are old. If it is flexible at 60, you are young.”

Pilates develops the deep muscles of the back and abdomen to support your spine, and focuses on breathing to promote better posture.



PILATES

Tuesdays Evenings, Lancing Parish Hall
6:30 – 7:30 pm

Drop in Class **£10**

Buy a 5 class pass for **£45**

Contact directly with Ana Marcela **07805455437**

Ana Marcela is a Senior Pilates teacher with 15 years of experience