



# Pilates

## **New to Islip Village Hall**

**Weekly Pilates.** Increase muscle strength, flexibility, balance and posture. Improve your ability to relax and find your inner balance. **Total Body Conditioning through your core.**

Suitable for men and women. All fitness levels & beginners welcome. Bring your mat/block.

**Weds 3-4 pm**

**Thurs 6-7 pm**

**COST: £15 weekly or £80 for 6 weeks (class sizes limited)** Church Lane, OX5 2TA

Dr.Amy Thakurdas has taught Pilates, Yoga and Tai Chi and holistic therapies since 1999.

For info and booking call: **07860 217771** or email **athakurdas@gmail.com**

**<https://pureharmonyway.com/contact>**