



NOW
WITH ADDED
KICKASS

Pilates & Tara

**Pilates PLUS designed for time crunched individuals.
45 minutes long...because that's all you'll need!**

Innovative and dynamic class by Balanced Body® Certified Pilates Instructor & Fusion Ante/Postnatal Certified Pilates Instructor and former Level 10 competitive gymnast.

A high energy, fast paced and fun workout combining the precision and core strengthening of Pilates, the sculpting and toning of a barre class, and the dynamic high intensity movement of cardio all in one.

Set to upbeat music you will sweat more, burn more and leave wanting more.

Mondays 8.30-9.15pm @ The Complementary Health Centre Lee
Starting 1st October 2018

£12 drop in | book a block and get a discount!
Contact CHC Reception to book or for more info
0208 8297 8887 | info@chc-lee.co.uk

Pilates PLUS @ The Complementary Health Centre Lee