



Living Well North Tyneside

Supporting Health and Wellbeing

£
Cost: £4.00


Type: Face to Face

A 45-minute slow-moving chair-based Pilates class is suitable for people who have difficulty getting down on the floor.

Regular practice can improve posture, muscle tone and more confidence with balance.

10 class discount card £32.00



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[low impact](#)
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Chair-based Pilates


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