

£ 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



older people pilates | activities | low impact activities

chair-based pilates

Chair-based Pilates

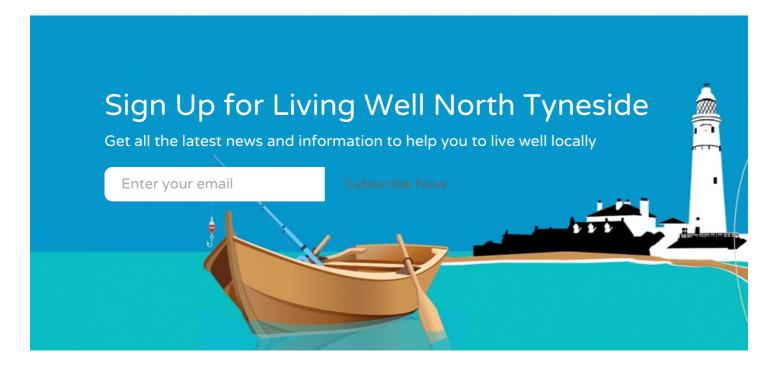
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