



Living Well North Tyneside

Supporting Health and Wellbeing



Cost: £4.00



Type: Face to Face

Our 60minute Pilates class is great for all ages and abilities. Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements.

What will it do for me?

- Emphasise correct postural alignment
- Improve core strength
- Improve muscle balance

Monday 10.00-11.00am

Wednesday 10.30-11.30am

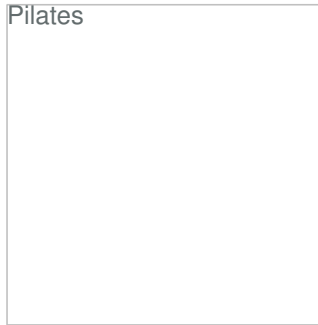
10 class discount card £32.00 - Pay at gym reception desk upon arrival.



[physical](#)
[pilates](#) | [activities](#) |

[wellbeing](#)

Pilates



bookings@qfitgym.uk

 John Willie Sams Centre
Market Street, Dudley
Cramlington

 <http://www.qfitgym.uk>

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