



Beginner's Pilates Classes in Faringdon

Tuesday evenings: 6.30 - 7.30pm

A 4-week course: 10th, 17th, 24th & 21st January 2016, in the Catholic Church Hall, Faringdon. Cost £30.

Friday mornings: 10.45 - 11.45am

A 4-week course: 13th, 20th & 27st January, and 3rd February 2016, in the United Church Hall, Faringdon. Cost £30.



LAURA • JONES
PILATES

Try something wonderful for your body and mind; improve your core strength, balance and flexibility.

*Places are limited to 12, so booking is essential.
Please contact Laura if you are interested.*

Tel. 07913 597221

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