

Corfe Village Hall Wednesday 10am fun mat work Pilates . Book your place with Ali Roberts experienced Instructor alirob423@gmail.com 07850507489. Please call as happy to chat about your health needs

Pilates provides a technique to develop core strength specifically for the back and abdominals . Tone ,flexibility and general strength will be enhanced. Controlled breathing adds to wellbeing exercise boosting your immune system.physical and mental benefits . TLC and me time in a friendly professional environment

If you need to miss a Wednesday Other venues and days available as well as one to



