



MULTI-FIT

Pilates

New Pilates Fitness and Equipment



THE CORE-4 CLASSES

- 1 MULTI FLEX**
Gain balance, posture & flexibility
- 2 MULTI MAX**
*Weight-loss plan to define & tone
(nutritional plan included)*
- 3 MULTI FIX**
*Recovery & prevention
- Improves injury, aches & pains*
- 4 MULTI MIND**
Total mind & body relaxation

CLASSES STARTING JANUARY, 2019

at Prescot Town Hall, Saturdays from 10.30am

(classes held upstairs)

call 0151 426 3933 or 07841 205479 for more details

Suitable for all ages and all abilities*

Call for more detail on classes & our Free trials/open days

* From 16 years and over and suitable for pregnant, pre-and post-natal women. Children can accompany adults - to fit around lifestyle. CRB cleared.



@Multifitpilates

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