



MULTI-FIT

Pilates

CLASS TIMETABLE

Monday	7.15pm-8.15pm	Park Farm Community Centre, Carr Mill St Helens. WA11 7PG
Tuesday	7pm-8pm	St James Church Hall, Rainhill. L35 0PB
Wednesdays	1pm -1.45pm	Watchmaker, Prescot
Weds	2.15pm - 3pm	Milner Crawford Huyton
Thursday	6pm-7pm	St James Church Hall, Rainhill. L35 0PB
Friday	11.30am-12.15pm	Reeve Court
Saturday	10am-11am	Prescot Methodist Church, Prescot. L34 5QN

PILATES WILL:

Prevent and improve injuries & aches and pains

Make you strong and flexible

Improve balance and co-ordination, tone and help with weight loss

Introductory £5 drop in option available - Call 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.

Laura Clark

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@Multifitpilates