

02
MAY

Every Wednesday
12-1pm (starting 2 May)

Pilates

New course at Chapel FM Arts Centre

Pilates is great for strengthening your core, protecting your back, improving your posture, balance and flexibility. The Pilates classes at Chapel FM are designed for adults of any age. Exercises will be adapted to suit the individual and are suitable for beginners.

Exercise mats will be provided, so just bring yourself and a bottle of water. Wear comfortable active wear clothing, eg, jogging bottoms/ leggings and a t-shirt. Pilates is performed bare foot or in socks.

The classes will be lead by Pilates Instructor, Carla Barker, who has a passion for getting people more active and helping people gain confidence with exercise. Carla works with Leeds City Council to help promote the health benefits of exercise and leads exercise classes to those people with long term health conditions.

Space for 8 participants on a first come first serve basis

Suggested donation: £2.50 per session

This is an 11 week course

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