



FITNESS PILATES

MAT BASED FITNESS PILATES WEDNESDAY WITH ELLA

11.00am - 12.00 pm

Level: Beginners

The first time you take any new fitness class can be a little intimidating. But for some reason, Pilates classes have an extra air of “avoid this if you don’t know what you’re doing.”

If you’ve wanted to try Pilates classes but something has been

holding you back, now’s your time to sign up for your first one.

Our mat based fitness Pilates class is a relaxed, up-to-date Pilates class combining functional fitness variations of the traditional Pilates movements.

Featuring modern exercises and techniques, which focus on gently strengthening your back and stabilizing your core, this class offers plenty of benefits to your body, no matter your fitness background.

COURSE START DATES:

There are frequent courses throughout the year.

Please ask for your next available course date.







fiestadancecentre

We have just the thing to put a smile on your face and a spring in your step.

Great Choice. Great Teachers. Great Atmosphere.

New Beginners to Advanced; All Ages and Abilities Welcome.

 Want to see the classes in action.
WATCH Check out the videos on our web site and Facebook page.

 Classes from just £8 per person per class

ENROL NOW Enrolling now at Fiesta Flamenco Dance Centre



Make Friends



Make a Difference



Get Fit. Have Fun.



Be Inspired



FIESTA DANCE CENTRE

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