



*PILATES
FOR SAILORS
(open to all ages from 14+)*

Get ready for the sailing season!

Regularly attending Pilates classes will:

- improve your flexibility
- strengthen your core stability
- enhance your posture & balance

Classes starting Tuesday evenings at ESSC.

Open to members of ESC and ESSC – men and women welcome

£35 per block of six sessions

Classes will be set up according to experience and demand

To book into a class, or to discuss options for alternative sessions, please contact:

Flex - Ability

Liz Rushall, REPS Pilates Teacher

Tel 01243 372547 or 07718 317601: Email - liz@rushall.net

In association with **WOW**