



Jessica Pilates

*Awaken your
body and mind*

Stay upbeat after the summer by having fun, feeling good and keeping fit at **Jessica Pilates!**

2 matwork classes now running every Wednesday evening at **Worplesdon Memorial Hall**, Perry Hill, Worplesdon, Surrey, GU3 3RF

6.30pm – 7.30pm, *Beginners/Improvers*

7.35pm – 8.35pm, *Improvers/Intermediate*

First taster session FREE!

For more details contact **Jess Curnier** on **07789 176416** or email **jess@jessicapilates.co.uk**

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