

'Standing and Seated Pilates'

Come and feel the benefit of Pilates without having to lie down on a mat. Using a chair and standing if you are able, Alison will work with you on posture, alignment, strength, getting the joints and the spine moving. Each session will have an opportunity to relax and gently, simply breathe. Come and try the one session, or all of them, each one is stand alone.

All bodies welcome!

Venue: Main Hall, Little London Community Centre
Dates:

Wednesday 27th September 2023
And **Wednesday 11th, 18th & 25th October 2023**
And **Wednesday 1st, 8th, 15th & 22nd November 2023**

Time: 1.30pm – 2.30pm

All bodies welcome – no need to book just come along!



If you need any more information or directions please call Lisa: 07436 530073

Supporting Older People in the Community since 1995

PATRONS: THE LORD MAYOR OF LEEDS • PROFESSOR MICHAEL ARTHUR • HILARY BENN MP
REGISTERED CHARITY NUMBER 1138782 & COMPANY LIMITED BY GUARANTEE 07402794

Caring Together in Woodhouse and Little London, 127 Woodhouse Street, Leeds LS6 2PY