

# Pilates

## With Stephanie

TRUE BALANCE  
PILATES

STRENGTH - CONTROL - FLEXIBILITY - CALM

I have taught Pilates in Cambridgeshire for about 14 years now.

My classes focus on posture, control and alignment to help develop body awareness, mobility/flexibility, strength and balance.

I have a dance background and I'm extremely keen to help people gain an understanding of the Pilates fundamentals so they can bring the benefits into their day to day life.

A handwritten signature in black ink that reads "Stephanie". The script is fluid and cursive, with a large 'S' and a long, sweeping tail on the 'e'.

**FOR MORE INFORMATION OR TO BOOK CONTACT  
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