

Pilates With Stephanie

TRUE BALANCE
PILATES

STRENGTH - CONTROL - FLEXIBILITY - CALM

KEEPING YOUR MIND & BODY IN BALANCE

Effective and progressive **MIXED ABILITY** classes led by a welcoming and experienced instructor, Stephanie Mills.



An hour of the week purely dedicated to you and creating balance within both the mind & body.



CLASS TIMETABLE

LITTLE DOWNHAM

Wednesdays 10.45am

WITCHFORD

Wednesdays 7.15pm

FULBOURN

Thursdays 10.45am

LITTLEPORT

Fridays 10.45am

FOR MORE INFORMATION OR TO BOOK CONTACT

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