

# GENTLE PILATES & RELAXATION



Join this small & friendly class  
to stretch & gently strengthen your body  
Breathing exercises  
will aid relaxation & wellbeing

*Exercises are mat based  
or if you prefer you can be seated in a chair*

**Wednesdays 3:30 - 4:30pm**

**The Cabin** (in front of Balfron Tower)  
82 St Leonards Rd, E14 0QU

**£1 per class**

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