



## GLOW

Fitness Pilates improves balance, posture, core and back strength as well as helping general mobility. Optional weigh in for those members who are working to lose weight together with nutritional information.

Wednesday 8:45 – 9:30 am Fitness Pilates

9:30 – 11:00 am Weight Management and Fitness Pilates

11:00 – 12:00 noon Seated Pilate based exercises

[www.glow-fit.co.uk](http://www.glow-fit.co.uk)

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