



Newbury

PILATES

Pilates exercises are practiced to stabilise the core, improve stamina, coordination, balance & flexibility, enhance concentration, and use the breath to relax and unwind.

There are currently two Pilates groups:

Pilates 1 is held on a Wednesday morning 10-11am at the Sea Cadets Hall, London Road

Pilates 2 is held on a Tuesday afternoon 4.30-5.30pm at Speen Parish Hall

Both groups are run by Lina, a highly qualified professional, with more than 10 years' experience in teaching all abilities.

The sessions are booked in terms, payable in advance, but both are currently full.

If you would like your name added to the waiting list, please contact the group leader or the u3a Office.

PILATES Group Activities

