

# *Post natal Pilates*

*Mondays 11.30am – 12.30pm*

*@The Mint Methodist Church, Fore St  
Exeter*

*Babies Welcome!!!*



*Post natal Pilates is great for.....*

- *Strengthening your pelvic floor*
- *Toning your post baby body*
  - *Improving posture*
  - *Gaining flexibility*
  - *Bonding with baby*
- *Meeting other new mums!!*

*£65 for 10 week course, 12 places maximum*

*For bookings and more info call Annabel on 01392 218203,  
07832274066 or email pilates\_girl@yahoo.co.uk*

*[www.pilates-and-spinaltouch-exeter.co.uk](http://www.pilates-and-spinaltouch-exeter.co.uk)*

*Trained by the Pilates Institute London  
Level 3 instructor, mat work, small equipment, studio equipment and  
special populations*