

Prestons
Pilates



ADAPTED PILATES FOR RUNNERS

CLASS RUN BY PRESTONS' CHARTERED PHYSIOTHERAPISTS

Open EXCLUSIVELY to all club members of GPAN clubs

Max of 8 people per class

SPECIAL INTRODUCTORY OFFER FOR GPAN

£20 FOR 4 WEEK COURSE

(USUAL PRICE £36)

Venue: Prestons Health Studio, 29 Alexandra Road, PETERBOROUGH PE1 3DE

Course dates:

COURSE 1: 9am-10am Wednesdays from 5th March (for 4 weeks)

COURSE 2: 7-8pm Thursdays from 6th March (for 4 weeks)

PLACES LIMITED: Places will be allocated on first come, first served basis. To book, please call Prestons Health on 01733 565911.

For further details see <http://prestonshealth.co.uk/our-services/pilates/>