



PILATES FOR RUNNERS

Improve your running performance
and reduce the risk of injury in this
Pilates based workshop.

Improve core strength, breath control, posture, flexibility,
mobility, muscular endurance.

Suitable for all abilities- beginners welcome.

TUESDAY 26TH APRIL 6.30-8.30PM - £20

**AT: THE STUDIO, 74 SUNDERLAND STREET,
MACCLESFIELD, SK11 6HN**

**** book before 21st April using discount
code HAMS for 10% off ****

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