

## PILATES FOR RUNNERS

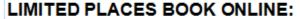
Improve your running performance and reduce the risk of injury in this Pilates based workshop.

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 \*\*



www.hgptfitness.com

07837 951 642 / info@hgptfitness.com



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