



The Wimbledon Guild

Guild House, 30/32 Worple Road, Wimbledon SW19 4EF
020 8946 0735

Registered charity no 200424

Pilates

6-week course starting 24 Feb 2009

Gentle exercise for over 50s (no upper limit!) with Vivien Philpot

The Pilates method of body conditioning was developed by Joseph Pilates almost 100 years ago. His exercises strengthen and tone muscles, especially around the joints, helping to improve flexibility and posture.

In these six classes we work on the five basic principles of Pilates and put these into action with exercises to help improve balance, endurance, circulation, flexibility and make us look and feel better.



Tuesday 11am to noon
at Drake House, St George's Road,
Wimbledon SW19 (behind Guild House)

£2.50
per session

For more information,
call Jane - 020 8946 0735

www.wimbledonguild.co.uk