



# Modern Pilates

**Friday 12.15 - 1.15pm**

(term time only)

**at Chilwell Memorial Hall,  
High Road, Chilwell, NG9 4AT**

Please bring your own mat

**Suitable for all levels.**

**Relax & improve your posture, balance,  
core & back strength**

Contact Amy to book your place on:

**07985 620 212**

email: [amy@godsmark.co.uk](mailto:amy@godsmark.co.uk)



Amy G - Pilates & FitSteps instructor