



**PILATES**  
Caroline North

**\*\* Taster Class\*\***  
**Pilates & Movement**  
**at Ranmoor Parish Centre S10**  
**Tuesday 13 December, 10:45 - 11:45**



A unique blend of Pilates & Movement practices to improve your:

- **Posture**
- **Balance**
- **Strength**
- **Flexibility**
- **Mobility**
- **Stamina**

- **Small group classes** (12 max) to ensure personal attention
- Classes suitable for all ages and fitness levels
- Fully-qualified teacher - *Body Control Pilates®*, *Stretch Therapy*, *Myofascial Training and Movingness*
- Private & small group lessons also available

***“Caroline teaches with warmth and humour;  
her passion for Pilates is completely infectious. I'm hooked!” Claire K.***

Contact Caroline for full details:  
tel: 0781 7220324  
email: [carolinenorth1@me.com](mailto:carolinenorth1@me.com)  
website: [www.pilatescarolinenorth.co.uk](http://www.pilatescarolinenorth.co.uk)

