

BODY CONTROL PILATES & NORDIC WALKING

**Pilates *improves core strength,
flexibility, mobility and challenges
the body for beginners to
advanced.***

**Nordic Walking *gives a whole body
workout not generated with
normal walking.***

**Group and Individual
sessions
available**

Joanna Lewis **Pilates
Nordic Walking (01635) 255081**

PILATES
@
Woolhampton
Village Hall

Wednesdays 9am

Fun and

Joanna@PoloFarm.co.uk

BODY CONTROL PILATES

Pilates is excellent for rehabilitation, toning & strengthening and relief of back pain

**Call today to find out about
classes in the Kingsclere/
Baughurst / Tadley area**



**For all levels of
fitness**

**Personal or Group
(Max 12) sessions**

***Why not try Nordic Walking which gives a
whole body workout not generated with
normal walking.***

Joanna Lewis Pilates
Nordic Walking **(01635) 255081**

Pilates & Nordic Walking

**Call today to find
out about joining
Groups and
classes in the
Kingsclere/
Baughurst /
Tadley area**



**Beginner
Advanced
Personal**



Joanna Lewis **Pilates**
Nordic Walking (01635) 255081

Pilates @ Fieldgate

**There are spaces in the
Pilates classes on Thursday
& Friday mornings at the
Fieldgate Centre
Email today to find out
about joining in**



Joanna Lewis **Pilates**
Nordic Walking

Joanna@PoloFarm.co.uk

Pilates @ Fieldgate

There are spaces in the
9.30 Pilates class on Friday
mornings at
the Fieldgate Centre
Email today to find out
about joining in



Joanna Lewis **Pilates**
Nordic Walking

Joanna@PoloFarm.co.uk

Pilates @ Wasing

Exciting new Pilates
class starting on
Tuesdays

at

Wasing Estate

Email today to find out
more details

Starting
25 Feb



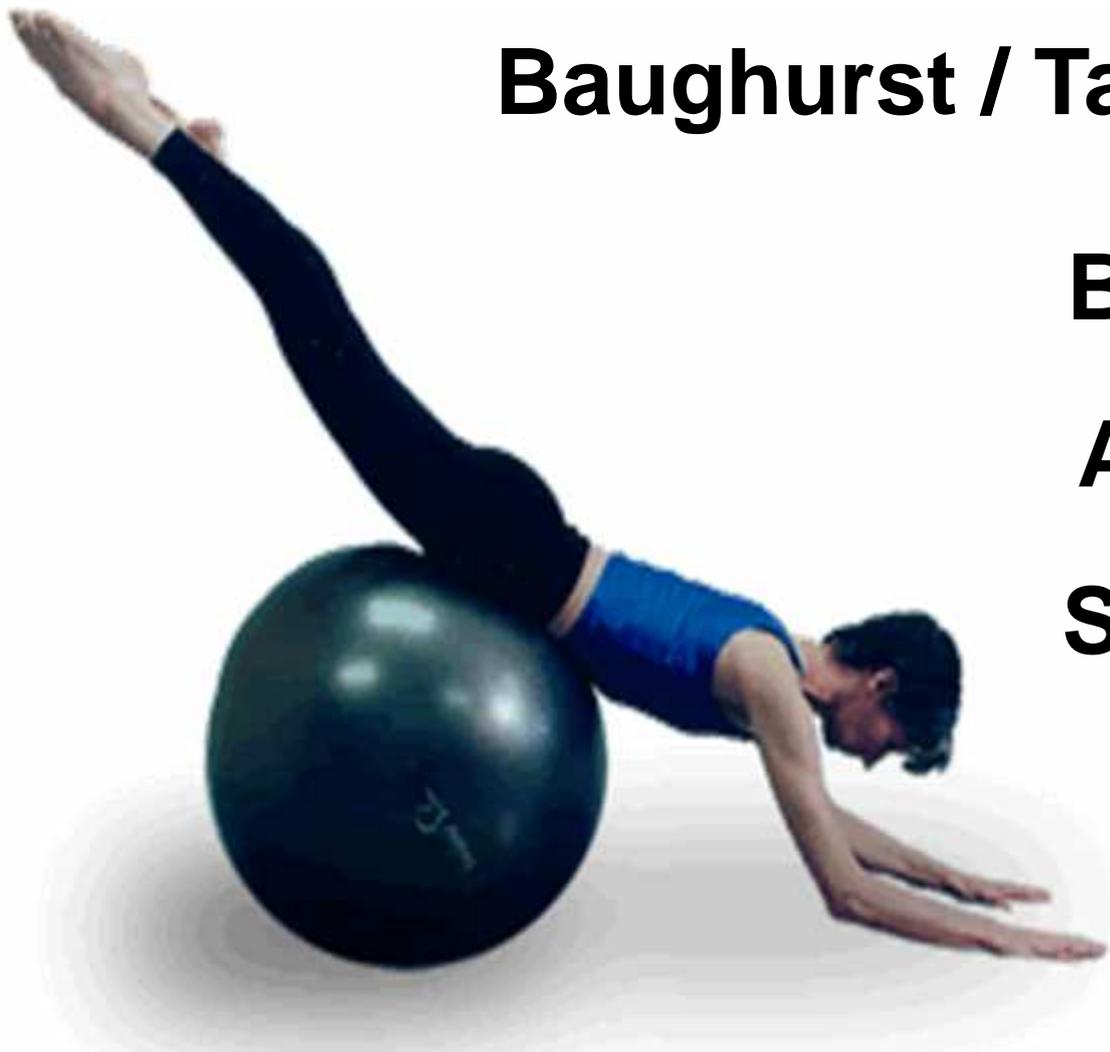
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Baughurst / Tadley area**



Beginners

Advanced

Swiss Ball

Personal

BODY CONTROL PILATES **At Woolhampton**

**2 Classes suitable for all
levels of fitness on**

Wednesday mornings

0845-0945 Swiss Ball

1000-1100 Mat work

Call ASAP to find out more

Classes also available in Kingsclere



***Joanna Lewis* Nordic Walking**
(01635) 255081



Come and Try Nordic Walking

Tone your upper and lower body

Burn more calories than ordinary walking

Reduce the pressure on knees and joints

Great for the Heart and Lungs

Ideal for neck, shoulder and back problems

Small Friendly Group

Poles Provided



***Joanna Lewis* Nordic Walking**
(01635) 255081



**New
Pilates Class
Thursdays 1000
Westridge Studio
Highclere**

**For further information
Joanna@polofarm.co.uk**



Pilates @ Westridge Studio



There is a new Pilates class at 10.00 on Thursday mornings, it will be suitable for Seniors and all levels of fitness
Email today to find out about joining in



Joanna Lewis **Pilates**
Nordic Walking

Joanna@PoloFarm.co.uk

New Pilates Class in Highclere At the Westridge Studio

Thursdays @ 10.00

A new Pilates
Class that is
suitable for
Seniors and all
levels of
fitness



Spaces are limited so get in touch
and book early to avoid
disappointment



Contact

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