

Pilates and body sculpt workout

This is a whole-body, low-impact workout with a modern twist!

A blended class giving you the benefit of strengthening, shaping and toning exercises with Pilates principles helping to build a strong core & back.

✦ Suitable for ALL fitness levels—whether you're a beginner or advanced! ✦

📅 When: Thursdays

🕒 Time: 5:45 PM - 6:45 PM

📍 Where: Ackworth Parish Rooms (above Ackworth Library)



Come have fun, feel great, and transform your body with us!

👯 Bring a friend—it's always more fun together!

For more info, call 07799898937 or email jaynelouisecollins@hotmail.co.uk.