



- *FLATTENS TUMMY*
- *SHAPES AND TONES*
- *STRENGTHENS BACK*
- *IMPROVES POSTURE*
- *REDUCES STRESS*

**MONDAYS 7.00-8.00 PM (PERTON CHURCH)**

**TUESDAYS 9.30-10.30 AM (PERTON CIVIC CENTRE)**

**THURSDAYS 10.00\*-11.00 AM (PERTON CHURCH)**

**(\*EVERY FOURTH WEEK THIS WILL COMMENCE A LITTLE EARLIER AT 9.45 AM)**

**PLEASE BRING A LARGE TOWEL OR MAT - £5.00 PER CLASS**

**PLEASE CONTACT LOUISE LAMBERT ON 07881 412155**