



Bethany Lucas

PILATES

Pilates Time

Tuesdays at Warren Road School

7-8pm – Pregnancy Pilates
(from 14 weeks onwards)

8:10-9:10pm – Mixed ability class

Courses are held from January, April & September each year.

Classes focus on enhancing posture, strength, mobility and flexibility. Regular practice will help you develop and maintain a strong centre, healthy back and wonderful sense of wellbeing.

Pregnancy Pilates can be exceptionally beneficial, helping to prepare, strengthen and soothe at a very important time in your life.

Post Natal Pilates & further classes also held in
Chelsfield & Pratts Bottom Village

For further information & bookings, please contact:

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