

# PILATES

core34  
PILATES

With Kim Pelham

[www.core34pilates.co.uk](http://www.core34pilates.co.uk)



- Better posture
- Improve core strength
- Lengthen and tone muscles
- Increase mobility
- Reduce back pain
- De-stress and relax

Small personal classes, focusing on the correct technique

Get the most out of Pilates with expert hands on tuition!

Be healthier - be happier!