

# the Joy of Stretch



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## Are you a member of the Ouch, Ow Oof Club?

If the answer is 'Yes' my **Pilates** class can help you overcome everyday pains by strengthening deep stabilising muscles, improving flexibility and perfecting your posture.

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Book online at:

**[thejoyofstretch.com](http://thejoyofstretch.com)**

Or email:

**[rosemary@thejoyofstretch.co.uk](mailto:rosemary@thejoyofstretch.co.uk)**

Or if you are not internet friendly, please text or call me for details of the classes and to reserve your place.

**07835 097975**

Booking is essential as space is limited.

### **Pilates**

Only £6 a class

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### **50+ Fitness**

Only £4 a class

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My classes are held at:

**18 Brockstone  
Road, Bethel  
PL25 3DW.**

Parking is available for 2 to 3 cars with further parking on the road side.

**I also teach Yoga, 50+ Fitness, Core (LBT) and Strength and balance training for older adults.**