

Notton Village Hall - Tuesdays

## **iMovefreely Pilates 12:00 – 1:00 £6 per session** **This is a system of injury prevention & movement preparation techniques, preceded by Pilates exercises, floor and standing work. Mats provided**

## **Postural stability Instruction 1:30 – 2:30 £6 per session A Functional, challenging evidence based session with seated and standing work, centering on senior students meeting their appropriate exercise needs, including balance/falls prevention exercises.**

A Health history consent form must be completed before starting class, so please come a bit early to complete a form if you are new to the class.

Contact: [info@omfitness.uk](mailto:info@omfitness.uk)

Phone: 07947563806

Web: www.omfitness.uk