

# INNER STRENGTH

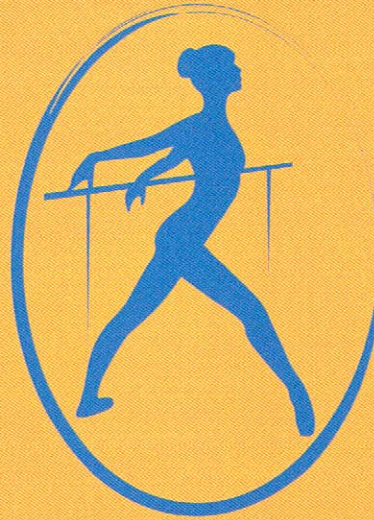
BARRE AND PILATES ACADEMY

AT YOGA ANANDA 46 ALBERT ROAD REIGATE RH2 9EL

## BALLET INSPIRED CONDITIONING CLASSES

- \* Build Inner Core Strength \* Tone Your Thighs \* Sculpt Your Arms \* Flatten Your Abdominals \*
- \* Easy To Follow \* All Over Body Workout Classes \* No Experience Required \*

PAY AS YOU GO CLASSES  
£15.00  
BOOK A BLOCK OF SIX  
£60.00



INTRODUCTORY OFFER  
QUOTE: IS001  
BLOCK OF SIX £30.00  
ONE USE ONLY

## BARRE CLASSES STARTING OCTOBER 2016

TUESDAY 09:30-10:30 and 18:30-19:30; THURSDAY 09:30-10:30 and 19:00-20:00

CALL LESLEY - 07950273863

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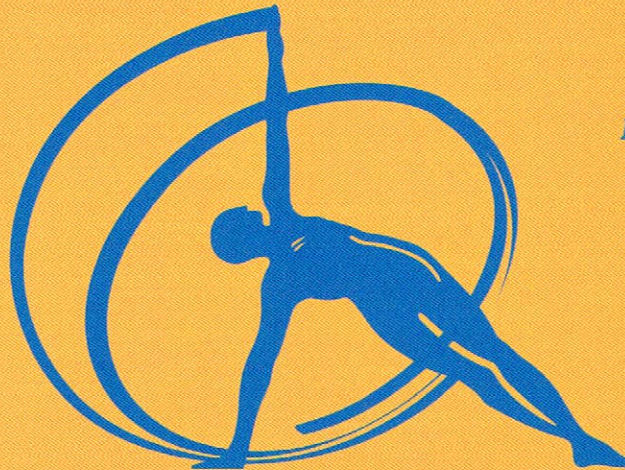
BARRE AND PILATES ACADEMY

AT YOGA ANANDA 46 ALBERT ROAD REIGATE RH2 9EL

## COME AND LEARN THE PRINCIPLES OF PILATES

- \* Improve Posture \* Reduce Back Pain \* Stand Tall \* Tone Abdominals \* Increase Flexibility \*
- \* Strengthen Your Core \* All Over Body Workout \* No Experience Required \*

PAY AS YOU GO CLASSES  
£15.00  
BOOK A BLOCK OF SIX  
£60.00



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QUOTE: IS001  
BLOCK OF SIX £30.00  
ONE USE ONLY

## PILATES MAT WORK CLASSES STARTING OCTOBER 2016

TUESDAY 10:30-11:30 and 19:30-20:30; THURSDAY 10:30-11:30 and 20:00-21:00

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