



**Starting Tuesday 1 September**

9:15 Five week full body burn and functional mobility

10:15 Five week mobility and core control

Further weekly sessions to be arranged

£50 for 5 weeks or £12 on the day

Bethia Coulson • 07791 111978

[pilateswithbethia@gmail.com](mailto:pilateswithbethia@gmail.com)

**FRIENDS MEETING HOUSE**

Chapel Row (off Matlock Road) • Bakewell • DE45 1EL