



ATHINA YPSILANTI  
PILATES

# Pilates Mat Class

Thursdays 12.15-1.15pm

Common house  
Woodside Square, N10 3HU

Improve posture  
Increase mobility  
Strengthen core muscles  
Enhance balance

For information or to reserve a place  
contact Athina on 07732 522 061.

£10 per class