

CITY OF LONDON PILATES

CORPORATE WELLNESS SOLUTIONS



BODY CONTROL
PILATES®



STOTT PILATES®



City of London Pilates With the Junior Chancery Bar

Spinal Mobility PILATES

Posture | Helps to relieve low back pain |
| Muscle activation | Perfect for beginners |
| & Clients with injuries |

Classes will be at
Hardwicke Chambers

Every Wednesday 1 pm - 1.45 pm

From 27th of January 2016
till 1st of March 2016

Cost to our members :

only £5 per class!

Interested?

Classes are strictly limited
to 8 participants per week.
Information about how to
book will be sent to JCB
members weekly by email.