



FREE



BEGINNERS PILATES FOR MEN

This is a **FREE** 6-week course specifically for men, teaching you the foundations of the Pilates technique, to give you the confidence to progress to a higher-level Pilates class.



ONE LEISURE, ST NEOTS



THURSDAYS 12:30 - 13:30



**EMAIL TO BOOK VIA ACTIVELIFESTYLES@HUNTINGDONSHIRE.GOV.UK
OR CALL 01480 388111**



FREE

<https://www.huntingdonshire.gov.uk/leisure/healthy-you/>

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