

PILATES

with Carol Westmorland



www.pilates-cumbria.co.uk

PILATES institute
member since 2002



At
Lazonby
Village
Hall

Mondays at 9am
and 8pm

Wednesdays at 9am

Saturdays at 9.30am

Class 1 hour
Drop in class £5.00
£35 for 10 sessions
(to be used at any time)

Tel: 01768 870707

Tel: 07976 266335