



mycorefitness

pilates & toning



Come join **MyCoreFitness** for our relaxed and friendly mixed classes; we support for all levels of experience from beginners to advanced in both Fitness Pilates and All-Over Body Toning.

MyCoreFitness has been running courses in the local community for over nine years and offer a relaxed and friendly approach to fitness and well-being.

.....
Reduce your stress
.....

.....
Improve your flexibility and posture
.....

.....
Helps you to build strength
.....

.....
Builds a strong core and back
.....

.....
Chance to meet interesting new people
.....

For a Seven (7) weeks:

Only £31.50

Fitness Pilates Classes

Monday	St. Peter Church, Church Road, LE3 8DP	9:30am - 10:15am
Monday	New College, Glenfield Road, LE3 6DN	6:15pm - 7:00pm
Wednesday	St. Peter Church, Church Road, Glenfield, LE3 8DP	6:30pm - 7:15pm
Wednesday	Enderby Civic Centre, King Street, LE19 4NT	8:00pm - 8:45pm
Thursday	St. Anne's Church, Letchworth Road, LE3 6FH	9:30am - 10:15am

All-Over Toning Class

Tuesday	St. Anne's Church, Letchworth Rd, LE3 6FH	6:15pm - 7:00pm
---------	---	-----------------

To reserve your place or for more information please call **Lauren**, your instructor:



07872 612 522



mycorefitness.co.uk



hello@mycorefitness.co.uk



@Mycorefitness