LWPILATES WITH LOTTIE WHYMAN PILATES INSTRUCTOR

Golf Fit Pilates

Improve your golf performance and prolong your golfing career with Pilates





Classes start Thursday 19th September 11.30 - 12.30 £50 for a 5 week Golf Fit Pilates program

Location:

Your Gym, Bakers Lane, Colchester CO3 4AU

For further information:

lottie@lwpilates.co.uk www.lwpilates.co.uk

