



MAT PILATES

STARTING TUESDAY 21ST OCTOBER:
5.10PM-5.55PM & 6PM-6.45PM

Suitable for all abilities
£10 per session

In partnership with Atlas Physio York

Book your place here:
<https://bookwhen.com/atlasphysio>



Atlas Physio

MAT PILATES WITH LEONA

MAT PILATES

What is Mat Pilates?

Mat Pilates focuses on improving core strength, flexibility, alignment, & endurance.

Building the connection between breath & body to create 'whole body' awareness.

Movements can be adapted to suit most abilities to allow everyone to feel
successful & move safely

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Atlas Physio

HOW TO BOOK:

- Visit: <https://bookwhen.com/atlasphysio>
- Select the date from the calendar
- Scroll to 5.10pm or 6pm '**Mat Pilates With Leona**'
- Select this session and click 'view details'
- Select the session you wish to book
- Add your email address and details
- View the class in your basket and complete payment

