

PILATES CLASSES

Class
EVERY WEEK!
Cat & Mouse
Library



Pilates

Thursdays 11.30am-12.30pm
with Alice £3

Healthy Generations Pilates
classes at the Cat & Mouse Library

- Men and women all ages
- Increased energy
- Improved strength
- Increased stamina
- Improves bone density
- Improves muscle mass
- Feels great - much more energy
- Better flexibility
- AND...More relaxed

Wear loose clothing and bring a mat

Run by local health charity Healthy Generations as part of
their Well Being project in partnership with Islington Libraries.

Cat and Mouse Library

277 Camden Rd, N7 0JN

For details 0798 114 2376

ISLINGTON

Funded by
 **Cloudesley**



www.healthygenerations.org.uk - 0798 114 2376