

Only £55 for a 6 week course

Why Pilates?

Pilates can increase strength, resulting in a stronger, more supple body. Pilates may be used as a form of general exercise or as a sport-specific method of training and rehabilitation.

- **Small classes of maximum 8 people**
- **Group discounts available for groups of 6 or more**
- **1-1 or semi-private classes available on request**
- **All ages catered for**
- **Helps with sports injuries and back care**
- **General fitness and wellbeing**

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CENTRE FOR
COMPLEMENTARY
HEALTH

Osteopathy | Physiotherapy | Acupuncture | Chiropody | Podiatry | Alexander Technique | Pilates



Enhance your well-being with our natural health treatments, at **Centre for Complementary Health**.

With over 20 years' experience working with local GP's we're able to offer a range of the most relevant natural health and complementary therapies.

This includes treatment for: back & neck pain, headaches, sports injuries, foot problems and other musculoskeletal problems.

10% OFF*
6-week course of Pilates with this flyer



* One flyer per customer which must be used over 6 consecutive weeks.



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New Pilates Classes at Centre For Complementary Health

Call: 01480 455221

Visit: CentreForCompHealth.com

Email: info@CentreForCompHealth.com

6 Cambridge Road, Godmanchester PE29 2BW