

New 8 week Beginners Course starts  
Wednesday 5 September 2018.

10.45 am – 11.50 am (first session finishes at 12.15 pm)  
Advance booking required. Max 12 clients.  
£68 for the full 8 week course.

Do you want to improve your core strength and flexibility?  
Looking to improve your focus or learn to unwind?  
Trying to manage a chronic injury?  
There are lots of reasons for taking up pilates.  
Suitable for all ages 18 – 85 regardless of experience.



“Experienced Pilates teacher  
Qualified Physiotherapist”  
Specialising in  
Bone health  
Older People

Small classes. Comfortable venue with  
FREE parking. All equipment provided.

Classes and private lessons available  
Monday – Friday  
See overleaf for class time

“Passionate about teaching  
you how to build core strength,  
improve your posture and well  
being. Small classes allow for  
a relaxed, friendly, environment  
with plenty of hands on  
correction.”



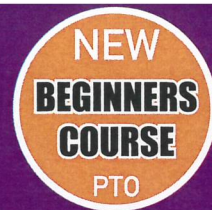
[www.suenapierpilates.co.uk](http://www.suenapierpilates.co.uk)



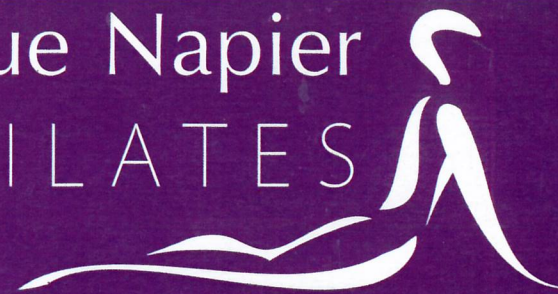
Tel 07929528847



Email [suenapier@uwclub.net](mailto:suenapier@uwclub.net)



Sue Napier  
PILATES

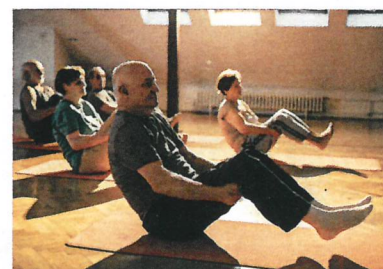


Personal Professional Attention

Experienced Body Control Pilates teacher

Qualified Physiotherapist

Small Classes and 1:1 at The Civic Hall Uppermill



Monday	10 am – 11.05 am
Monday	11.15 am – 12.20 pm
Tuesday	9.15 am – 10.20 am
Tuesday	1.30 pm – 2.30 pm *
Tuesday	6.30 pm – 7.35 pm
Wednesday	9.30 am – 10.35 am
Thursday	10 am – 11.05 am
Thursday	11.15 am – 12.20 pm *
Friday	9.15 am – 10.20 am

\*class suitable for clients with osteoporosis with a  
focus on back strength/posture

You must attend a Beginners Course or have 1:1  
before joining class

Classes must be booked and paid for  
in advance and are non refundable.  
Classes usually run in blocks of 5 weeks.