



Pilates

Evolution

**Wishing you Health and
wellbeing**

**Pilates can change the way your
body functions, feels and Looks**

Better Posture, muscle balance, core strength

Time for yourself

Restore your bodies balance
Bring long lasting results

Shaftesbury, Marnhull, Mere, Charlton, Ashmore, Gillingham

Fully qualified, dedicated and experienced teacher

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Pilates Evolution

Quality of movement bringing quality of life