



*Caring for you and caring for local charities*

**With Annie Morton**

**Specialist Professional Back Care Pilates teacher**

Pilates can reduce back, shoulder, neck and hip pain. Pilates will also give you a stronger core, a flatter tummy and increase your flexibility. You will leave taller firmer and relaxed!


**Every Thursday**

**10:30 to 11.25am**

**Upstairs @ Trevi's Bar Camposol B \*New venue**

**Maximum 16 students a class €6 per class**

Please book in advance with **Annie Morton**

 or phone 0044 77 95 123 227

 Pilates 4 charity Camposol

Beginners welcome, just bring a towel and yoga mat. (Spare mats available for newcomers)

Every month all profits go to a registered local charity  
April charity is:

