

Pilates for New Mums – FREE Taster

Provided / Operated by:

York Learning, City of York Council

THIS IS A HYBRID COURSE THAT YOU CAN ATTEND AT THE VENUE OR ONLINE VIA ZOOM

This Postnatal Pilates Free taster session is suitable for Mums who might want to bring their baby to class too, as long as Mum feels able to exercise safely and comfortably. There is no need to have previous knowledge of Pilates as all exercises are fully explained, and demonstrated and can be adapted to suit the individual needs and capabilities of all Mums whatever your level of fitness or ability....

Course Address:

Heworth Cricket Club
West Offices
Station Rise
York
West Yorkshire
YO1 6GA

Costs:

Free

Contact Details:

Name: Sarah Stabler

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Accessible:

Yes

Childcare:

No

Children allowed:

No

