



# **FIT FRIENDS**

## **PILATES BASED EXERCISES**

**(Suitable for Disabled – Mainly Mat Based)**

**Thursdays**

**1.45 p.m. to 2.45 p.m.**

**Commencing after Easter**

**Capel-le-Ferne Village Hall**

*(proceeds to go to village hall funds)*

**£2.00 per session**

**A Non-slip Mat and cushion plus loose fitting clothes**



**Tel: 01303 244322 for more info**