

BARRE FITNESS



Cotswold Pilates



Using elements of ballet and Pilates to a dance beat. No dance experience required. Just the willingness to have fun!!!

Low impact moves with high reps designed to tone and sculpt

**COMING TO
THE VAULT-
CARTERTON
STARTING TUES
MARCH 1ST
6.30PM**

**WEST OXFORDSHIRE
RETAIL PARK
CARTERTON OX18-3FP**

Half price first class
Book your limited
space soon!!

**Cotswoldpilates123@gmail.com
07870555363**



**Just search
for
Carterton
Gymnastics
club CIC**