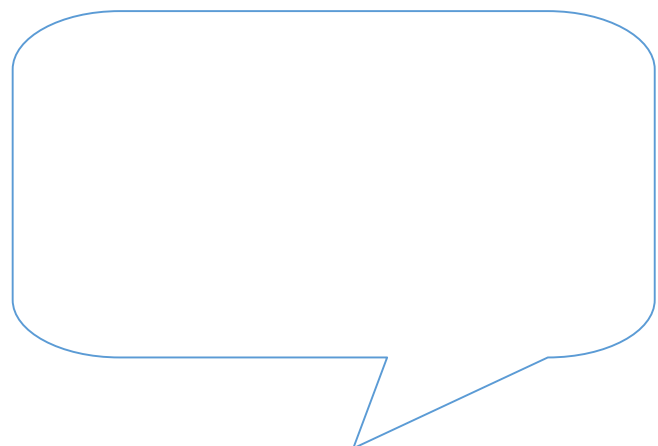




Pilates Classes for Tennis

Why Pilates?

- 1. Pilates increase your core strength, stability and joint mobility**
- 2. Pilates improves your posture**
- 3. Pilates helps gain relief from aches and pains**
- 4. Pilates exercises help prevent injuries by addressing muscular imbalances, incorrect or inefficient movements and over training**
- 5. Pilates will enhance your Tennis performance**



Please indicate if you are interested in any Pilates classes what your preferred day and time would be and return to suzannemarshall29@gmail.com.

This will enable me to set up the classes to best suit everyone

Name	Preferred day(s) Including weekends	Preferred time morning ,afternoon or evening	Your Email address

Classes will be undertaken by a Chartered Physiotherapist and tailored to improve your tennis and also to meet your individual needs

Individual sessions can also be booked by contacting

Suzanne Marshall MCSP MPC HCPC

Email suzannemarshall29@gmail.com

Mobile number 07900248193

