

**Monday 14th January**  
**Beginners Pilates**  
**5.45-6.15pm**  
**£10 for 4 weeks**  
**Dormans Club TS5 5DT**

**Monday 14th January**  
**Beginners Yoga**  
**6.00-6.40pm**  
**£15 for 4 weeks**  
**St Margaret's Church TS5 8EU**

**Thursday 17th January**  
**Beginners Yoga**  
**5.30-6.15pm**  
**£15 for 4 weeks**  
**Dormans Club TS5 5DT**

**Please bring your own mat.**  
**Prepayment required with no refunds or**  
**alternative classes available**