



Parent/Guardian Classes in

YOGILATES & PILATES

This combines the gentle therapeutic movements of Yoga and the alignment & core strength of Pilates.

You will build strength and improve your flexibility all from the comfort of your own home.

Yogilates Classes	9.30- 10.30	Pilates Classes
Tuesday 1 st December		Thursday 3 rd December
Monday 7 th December		Thursday 11 th December
Tuesday 15 th December		Thursday 17 th December

These 6 classes will be on Zoom and with Sandra Keyes fitness instructor and are free of charge.

The Class ZOOM ID is 775 829 0203

(you must put this in to join the class)

Search for the Zoom app and click on download. This will download to your phone, laptop or tablet.

(Please be advised that your name, the student and the school that student attends with will be taken for attendance purposes only)

For further information please contact

Diane Hyde – HSCL 087 7840601