

LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

Area:-	Cheviot	Town:-	Jedburgh
Activity:-	Pilates	Name of activity:-	Pilates
Venue:-	Kenmore Hall, Jedburgh	Day/Time:-	Tuesday 6.30 – 7.30 pm
Contact information:-	Jocelyn@fitborders.co.uk Mobile:- 07889 225126		
Cost:-	£60 for 8 week block	Gender:-	Open to all

Additional Information to be included

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Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

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All information is to be signed as approved before inclusion on the LASS website for copyright purposes

Name of event organiser:-		Signed:-	
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Organisation:-		Date:-	
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Lifestyle Adviser:-		Date:-	
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