

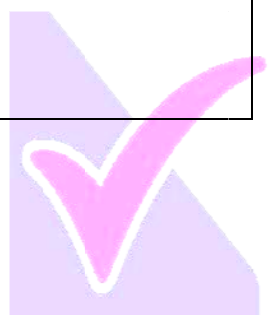
LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

Area:-	Eildon	Town:-	Melrose
Activity:-	Pilates	Name of activity:-	Pilates
Venue:-	Corn Exchange, Melrose	Day/Time:-	Thursday 6.30 – 7.30 pm
Contact information:-	Jocelyn@fitborders.so.uk Mobile 07889 225126		
Cost:-	£60 for 8 week block	Gender:-	Open to all

Additional Information to be included

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.

Use
:



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

Name of event organiser:-

Signed:-

Organisation:-

Date:-

Lifestyle Adviser:-

Date:-

