

# REDBOURN RECREATION CENTRE

# Pilates



**Only  
£6**

**New Pilates Class - body conditioning exercises that help build flexibility and strengthen core muscles. Relieve stress, improve coordination, breathing and balance**

**Every Monday 9:30am - Starting 10 January**

**Redbourn Recreation Centre, 75 Dunstable Road, Redbourn. AL3 7PP**

To reserve a place, please contact: Paul Sands on 01582 626202

Email: [paul.sands@btinternet.com](mailto:paul.sands@btinternet.com) or call into Redbourn Recreation Centre

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Home Telephone \_\_\_\_\_

Email \_\_\_\_\_

Mobile \_\_\_\_\_

Emergency contact Name \_\_\_\_\_

Emergency contact Number \_\_\_\_\_

Doctor's Name \_\_\_\_\_

Doctor's Telephone \_\_\_\_\_

Do you have any special educational, medical or dietary needs which may require additional support please provide details

Signature \_\_\_\_\_

Date \_\_\_\_\_