


Clinical Pilates Class

Led by **Elizabeth Jones**, an expert physiotherapist with 40+ years of experience, these small-group classes focus on **core strength, movement efficiency, and injury prevention** through evidence-based Pilates.

 **Shiplake Memorial Hall**

 **Wednesdays, 9:10 AM (50 mins)**

 **£198 per 11-week course – One-off taster session available**

 **info@elizabethjonesphysio.com** |  **07909 977116**

Book your place today!