

# Pilates 6-week Course

## Beginner-Improver

Thursday 1 May  
Bishopton - 9.30 am

*"Change happens through movement  
and movement heals."*

*- J. Pilates*

Book online

[www.theflowpilates.uk/schedule](http://www.theflowpilates.uk/schedule)

# Affordable Pilates For Beginners 2025 For Workers

**Wenbin Ji**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle on the right side.

**Affordable Pilates For Beginners 2025 For Workers:**

Discover tales of courage and bravery in its empowering ebook, Stories of Fearlessness: **Affordable Pilates For Beginners 2025 For Workers** . In a downloadable PDF format ( PDF Size: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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