

Women-only Pilates & exercise

Give your body and mind a good start in 2014...

Every Wednesday

(no classes during school holidays)

11.45 - 12.45

Castlefarm Community Centre,
High St, Hadley. TF1 5NL

Cost: £2



Run by Shropshire & Telford Asian Women's Association
For further information contact: 07857 868 097



Supported by: