



**NOW OPEN!**  
Classes start on  
6th September

# LEEDS PILATES PLACE

- *Transform your body tone, posture and general health*
- *Significantly reduce or eliminate back, shoulder and neck pain*
- *Fun, relaxing yet energising classes*
- *Handy location – the new Pilates Studio is within easy reach of Headingley, North & West Leeds and the City Centre*

*'In 10 sessions you will feel the difference, in 20 you will see the difference, and in 30 you will have a whole new body'*

JOSEPH PILATES

# LEEDS PILATES PLACE

PILATES is a gentle, but deeply effective, low-impact exercise program. It will give you a strong, flexible balanced body, effortless natural posture and make you feel fantastic! Practicing Pilates regularly will:

- *Sculpt and tone your body*
- *Transform your posture and freedom of movement*
- *Significantly reduce or eliminate back pain, neck and shoulder tension*
- *Improve your sense of wellbeing and body image*
- *Classes are fun, relaxing, energising and suitable for all ages, abilities and levels*

THE LEEDS PILATES PLACE is a new, light, spacious Pilates Studio within easy reach of Headingley, North & West Leeds and the City Centre. The new timetable of classes is available to view online, as well as the timetable for the established classes at other venues across Leeds. 1% of profits will be donated to Wheatfields Hospice.

The new studio has been founded by two of Leeds' most experienced and passionate Pilates teachers – Kath Nisbet and Claire Sparrow (formerly of 'Kath Pilates Leeds' and 'Inspired Exercise'). Leeds Pilates Place features: state-of-the-art equipment; a wide variety of different classes; and an on-site Osteopath, Physiotherapists, NLP coach and Massage Therapists to provide you with a fully integrated approach to your health.

**YOU ARE INVITED TO THE FUN FREE OPEN DAY!  
SATURDAY 11 SEPTEMBER 10AM-4PM**

*Come along, be pampered and try free taster sessions at Leeds' new Pilates Studio!  
Choose from: Pilates Matwork (all levels), Pilates Machines, Small Equipment and Stability Ball.  
Plus try Tai Chi, Massage, NLP, Reflexology and even Belly Dancing and Hoola Hooping!*

- **LEEDS PILATES PLACE**  
Chantry House, Victoria Rd, Kirkstall, Leeds LS5 3JB
- **TO SIGN UP TO A CLASS CALL:**  
**0113 225 0791**
- **VIEW THE TIMETABLE & BOOK ONLINE:**  
[www.leedspilatesplace.co.uk](http://www.leedspilatesplace.co.uk)



Pilates

