



SUMMER 2016 NEWSLETTER

**MON 12 SEPT – MON 17 OCT
TUES 13 SEPT – TUES 18 OCT
WED 14 SEPT – WED 19 OCT**

6 WEEKS = £48.00

Thank you all once again for a fabulous term of Pilates and for all your hard work. It's been lovely to meet so many new people this year, all exceling I have to say.

Thank you to all those who have donated to my Just Giving Page. I will be running/walking (!) with my daughter Grace on the Sunday 10th July and so far I have raised £170.

DATE FOR YOUR DIARY

Did you know that one in three women and one in ten men have an issue with pelvic floor! Cherry Baker, UK expert in Modern Pilates, will be running a seminar on Pelvic Floor health and I really couldn't recommend her more highly. It will be highly entertaining too and I promise you will learn something! Bring a friend – details below:

**UP TIGHT & OUTTA SIGHT Seminar
Saturday 26th November 2.30 pm – 5.00 pm - £25 per ticket
Venue: The Down Inn**

Wishing you all a lovely Summer break and I'll catch up with some of you again in August. END OF TERM IS WEDNESDAY 13TH JULY

**Please make cheques payable to Pam's Pilates.
or make a payment to:**

**Intelligent Finance Sort Code: 119100 Account Number 02889122
Ref: Your surname**

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