

# PILATES

NEW CLASS STARTING AT WESTERN TENNIS CLUB  
MONDAY & WEDNESDAY MORNINGS AT 10.30am



FIRST CLASS - MONDAY 1<sup>st</sup> AUGUST 2011

Contact Karen Wood on 07736 731461

[www.karenwoodpilates.co.uk](http://www.karenwoodpilates.co.uk)

Fully qualified instructor with over 20 years of experience

*Classes also at Bearsden Ski Club and The Dance Studio, Anniesland Rd.*