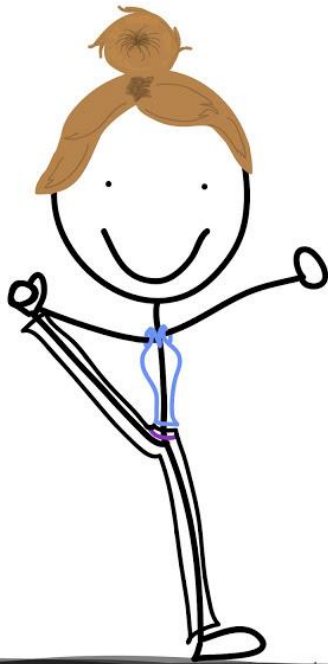




# Pilates For Women

Suitable for all levels,  
including beginner



**FREE  
12 week  
class**

Community Action Dacorum are delighted to work with Emily from Build & Breathe Pilates to offer Hertfordshire residents a FREE 12 week Pilates class.

An interactive 45-minute lunch-time session providing a chance to connect with your body, taking time to reset and breathe before getting back to the everyday.

The perfect antidote for our sore muscles and achy joints leftover from lockdown.

Starting 18<sup>th</sup> August 2020 for 12 weeks

12:00 to 12:45pm

To book your place please email

[learning@communityactiondacorum.org.uk](mailto:learning@communityactiondacorum.org.uk)

[www.creative-learning.org.uk](http://www.creative-learning.org.uk)

