

# Dumfries Cycling Club: Winter Pilates Classes

- Class specifically for Dumfries CC members
- Commencing **Wednesday 10<sup>th</sup> October, 7.45 - 8.45pm**
- **Will include:** Gentle mobilisation of the body, balance exercises, Pilates exercises, release stretches, flexibility and mobility exercises
- **Pilates can help with:** Lower and upper back pain, improve co-ordination, balance and posture, strengthen and tone muscles, re-alignment of the spine, pelvis and muscles, bike position and power output!
- **Venue:** Pilates with Jane, St Mary's Industrial Estate, Dumfries. DG1 1NA.
- £3 per class. Instructor for sessions: Clive Scott