



FERMANAGH

**Physio+Pilates**

## **SEPT PILATES 2021 Fermanagh House**

Physio led Pilates classes by **Nicola McCullagh Daley**

MON 13-9-21 **BEGINNERS**.....5.45pm-6.45pm

MON 13-9-21 **INTERMEDIATE**.....6.45pm-7.45pm

THURS 16-9-21 **ADVANCED**.....6.00pm-7.00pm

THURS 16-9-21 **BEGINNERS**.....7.00pm-8.00pm

FRI 17-9-21 **ADVANCED**.....9.30am-10.30am

FRI 17-9-21 **INTERMEDIATE**.....10.30am-11.30am

FRI 17-9-21 **BEGINNERS**.....11.45am-12.45pm

*4 week courses, 1 hr classes.*

*Last class dates are Mon 4/10, Thurs 7/10 and fri 8/10*

**Focusing on Posture, Strength, Balance and Flexibility.**

**Various levels of ability for MEN and WOMEN**

Please enquire **07715871711**

Email: [fermanaghphysiopluspilates@gmail.com](mailto:fermanaghphysiopluspilates@gmail.com)

**Fermanagh Physio Plus Pilates, 3 Scaffog Retail Park, (at Enniskillen Foot Clinic), Sligo Rd, Enniskillen BT74 7JY**