



# SpringHealth

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## **6 WEEK COURSES FEBRUARY / MARCH / APRIL 2012**

**PILATES FOR BEGINNERS – MONDAYS – 19:30 – 20:30  
MICHELLE BLAYDON – 20/02/12 – 26/03/12  
£56 Members £68 Non-members**

**POSTNATAL YOGA – TUESDAYS – 14:15 – 15:15  
KIRSTY REGLER – 21/02/12 – 27/03/12  
£56 Members £68 Non-members**

**PILATES FOR BEGINNERS – WEDNESDAYS – 11:00 – 12:00  
LAUREEN BISHOP – 22/02/12 – 28/03/12  
£56 Members £68 Non-members**

**PILATES FOR BEGINNERS – WEDNESDAYS – 18:30 – 19:30  
MICHELLE BLAYDON – 22/02/12 – 28/03/12  
£56 Members £68 Non-members**

**POSTNATAL PILATES – THURSDAYS – 12:15 – 13:15  
LAUREEN BISHOP – 23/02/12 – 29/03/12  
£56 Members £68 Non-members**

**IYENGAR YOGA FOUNDATION – SUNDAYS – 10:30 – 11:30  
JANETTE BROWNE – 26/02/12 – 01/04/12  
£56 Members £68 Non-members**

**ANTENATAL PILATES – SUNDAYS – 11:45 – 12:45  
SUZANNE IMPEY – 26/02/12 – 01/04/12  
£56 Members £68 Non-members**

**ANTENATAL YOGA – SUNDAYS – 16:30 – 17:30  
KIRSTY REGLER – 26/02/12 – 01/04/12  
£56 Members £68 Non-members**

**For further details and to book, please contact Reception  
either in person or by phone on: 020 8940 0561.  
Please note that places are limited on these Courses and  
must therefore be booked in advance.**