

Wellbeing

Wednesday 27 January day

SESSION ANNOUNCEMENT

LISA HILL

PILATES



To say that Lisa is passionate about Pilates is a huge understatement. She has over 20 years' experience in the fitness industry and has been a fully qualified mat Pilates Instructor for over 10 years. This session is aimed at parents and pupils new to Pilates who fancy giving it a go and to those more experienced who fancy a free class. The fact that Lisa's studio backs onto the school field is an added bonus, and if after this session you want to take Pilates up, we may be able to persuade Lisa to run some classes for pupils and parents once the lockdown is over. Or you can head over to her website and join in with the many online classes that she runs. Wear something comfortable – this is definitely a practical session!

Lisa's session will run from **11.30 – 12.00**