

FREE TASTER CLASS

Would you like to move with more ease?

Would you love something just for you?

Are you fed up of back pain?

6 great reasons to try Pilates with a Twist

- Develop a strong, adaptable, resilient body
- Learn to look after your body, long-term
- Create a happier, more supple body
- Enjoy exercise and have a laugh
- Regain your trust in your body
- Move with less pain

Classes in
Derby,
Belper
Hilton &
Ashbourne

Don't miss out
Book your
taster
NOW!



To book, contact Becky ASAP at:
movewiththought@gmail.com
or **07970 022101**





WHAT'S THE TWIST?

This is YOUR invitation to come along and find out for yourself...

"I think these are the most enjoyable and positive exercise classes I've been to. I feel more confident in my body. I feel less old!" *Sarah Denny*

"I have learnt to enjoy exercise. I have more strength. I move more freely & I am no longer in pain. I have my balance back." *Gill Basset*

"I feel more confident in what my body can do again. If I have any aches they are gone after the class." *Emma Hanford*

"I feel much freer, more supple and more flexible. You've given me awareness that my body knows best." *Rosie Harrison*

"Other classes often just issue instructions - no laughter or amazing descriptions... Knowing we will have a laugh and move better keeps us coming back." *Judith O'Dell*

"Great teaching style, fun & friendly with priceless outcomes in terms of awareness and understanding of our bodies!" *Maggie Braley*

"I am more aware of how I do things and I'm not as stiff. I feel great after the classes physically and mentally." *Lindsey Hardy*

"It's about your emotions and wellbeing and being able to be yourself. It's holistic!" *Helen Aldridge*

What can Pilates with a Twist do for you?

To find out, book your FREE taster NOW!

Call Becky on 07970 022101

Visit www.movementwiththought.co.uk

