



**Sunningdale WI Hall,  
Broomhall Recreation  
Ground**

**Thursdays: 10:30am  
Fridays 9:15am**

**Seated Pilates on Thursdays  
11:45am - 12:30pm**

AMPilates welcomes you to join small, friendly group classes, whether you're just starting out or you already have a wealth of experience. Allow me to assist you on your journey to enhance your wellbeing and quality of life. Pilates can support many medical conditions, back and neck pain, menopause, pre and post-natal, and is a great way to rehabilitate following injury or operation.

Numbers are restricted for safety and sanitized luxury mats, blocks, balls, rollers, prickly balls and bands are provided.

I look forward to welcoming you into class.

**For bookings, please contact  
Amanda on 07767 816499; email:  
amanda@amandamann.uk.com or visit:  
www.amandamann.uk.com**