

**NEW EQUIPILATES™ FOR RIDERS CLASS**

**With**

**Kate Haynes**

**Chartered Human and Veterinary Physiotherapist**

**Equipilates™ Biomechanics Trainer**

**Advanced APPI Pilates Trained Instructor**

**MCSP, HCPC, ACPAT CAT. A**

**New class starting at Moorcroft Racehorse Welfare Centre 14th September 2016**

**Wednesday Evenings at 5.15pm**

* £10 per session for 6 week block booking
* Small classes to ensure individual attention
* All abilities of Pilates and rider catered for

Call Bridgefield Physiotherapy Office to book your place on 01252 821 581