

PILATES ART PHYSIOTHERAPY



INVITE YOU TO JOIN THEM TO PARTY
WITH FREE PILATES CLASSES

TO CELEBRATE THE EXPANSION AT
ITS HAMPSTEAD CLINIC

WEDNESDAY THE 20TH OCTOBER
FROM 7 - 9.30PM
2B HEATH HURST RD NW3 2RX

BE QUICK TO BOOK YOUR FREE PLACE
CALL US ON 020 7794 6560 OR EMAIL US
HAMPSTEAD@PILATESART.COM

PLEASE JOIN US FOR FREE
FOOD AND DRINKS, FREE MESSAGES,
A RAFFLE AS WELL AS
FREE PILATES CLASSES

ATTEND EITHER A FREE
MAT CLASS AT 7 OR 8PM,
A BEGINNER REFORMER CLASS AT 7PM
OR A MEN'S ONLY SUPERMAN CLASS AT 8PM

LOCAL ARTIST HEIDI FERID
HAS GENEROUSLY DONATED A PIECE OF
HER MASTERFUL ARTWORK TO BE AUCTIONED FOR CHARITY. SO PLEASE COME
ALONG AND SUPPORT OUR
CHOSEN CHARITY THE ARTHRITIS
RESEARCH CAMPAIGN.

WWW.PILATESART.COM