

# PILATES

## Taster sessions & courses in Ashford & Hamstreet Surgery

- **Drop in fitness class £6.50**

Tuesdays 6pm at Podplus, Ashford  
(no class on 13th, 27th Sept and 4th Oct)

- **6 week rehab courses £65.00**

Each course runs for 6 consecutive weeks. Small friendly classes lead by an experienced health professional

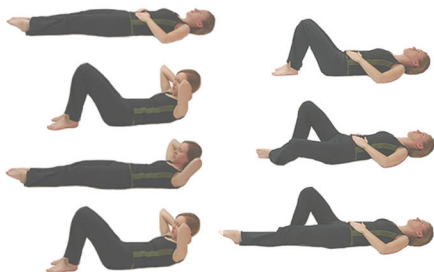
- Wednesday 5pm at Hamstreet Surgery  
(12th, 19th, 26th Oct, 2nd, 9th, 16th Nov)

- Fridays 12noon at Podplus Ashford  
(14th, 21st, 28th Oct, 4th, 11th, 18th Nov)

- **4 week rehab courses £43.00**

- Wednesday 5pm at Hamstreet Surgery  
(23rd, 30th Nov, 7th, 14th December)

- Fridays 12noon at Podplus Ashford  
(25th Nov, 2nd, 9th, 16th Dec)



**PODPLUS Sports Shop & Injury Clinic**  
based at the Julie Rose Stadium, Ashford

**Call: 01233 660851**

**[www.podplus.co.uk](http://www.podplus.co.uk)**