



Irish Network Stevenage

Yogalates

A mixture of Pilates and Yoga. An exercise that increases core strength and improves posture and flexibility. Every move is explained in detail and suitable for all levels, with some members choosing to remain seated for the class

- ✓ **The Oval Community Centre**
- ✓ **Fridays 10.00am - 11.00am**
- ✓ **£2.50 for members & £4.50 for non-members**

Contact Us:

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