



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 Symonds Green Community Centre**
- ✓ **Thursday 2.15pm - 3.15pm**
- ✓ **£2.50 for members & £4.50 for non-members**

Contact Us:

Sherma Batson Centre, 10 - 12 Exchange Road, Stevenage SG1 1PZ.

email: info@irishnetworkstevenage.org.uk

Tel: 01438 725400

www.irishnetworkstevenage.org.uk

