



# Get fit in 2018 at Congleton Golf Club Wednesday Mornings

Get fit in 2018 with a Pilates based class

First Class - Wednesday Jan 17th 9:30 am.

The classes are suitable for all ages and fitness levels. Fully trained Pilates coach will build up your general fitness over the winter months. Just bring a mat and a little enthusiasm. Enjoy Coffee and Cake afterwards in a fun and relaxed atmosphere.

Just £6 per class - or £30 for a six week course

Reserve your place at [Facebook@congletonGolf Club](https://www.facebook.com/congletonGolfClub) or call 01260 273540