

LOCATIONS

Dear Colleagues
improve your life style and have a go at one of our Pilates courses that have been scheduled this fall. These courses will be based on a first come first serve basis so if you are interested in any of the courses listed then you can purchase a place on the course by following the relevant Eventbrite links on the next page.

These 10 and week courses are based on 10- 12 delegates depending on room size participating at the cost of £25.00 per person, if less than 10 delegates book on these courses then the cost will be recalculated. Without subsidy the course would normally cost £40.00/£55.00 per person depending on how many delegates attend.

Please note that these courses must not be attended during your working hours unless you have arranged to take leave for this purpose. In attending any of the courses listed below the Trust will expect some feedback. This will help us decide what Health & Well-being initiatives we can take forward for the future! The Trust hopes that you will look forward to and benefit from these well-being courses!

TWINWOODS HEALTH RESOURCE CENTRE
10 WEEK PILATES CLASSES
THURSDAYS 5TH OCTOBER - 7TH DECEMBER
Milton Road
MK41 6AT
[LINK TO BOOK](#)

EAST HAM CARE CENTRE
10 WEEK PILATES CLASSES
TUESDAYS 3RD OCTOBER - 5TH DECEMBER
302 Shrewsbury Rd
Forest Gate
E7 8QP
[LINK TO BOOK](#)

TOWER HAMLETS CFMH
10 WEEK PILATES CLASSES
WEDNESDAYS 25TH OCTOBER - 10 JANUARY
(WITH CHRISTMAS REST PERIOD)
Mile End Hospital, Bancroft Road
London E1 4DG
[LINK TO BOOK](#)

TRUST HQ
10 WEEK PILATES CLASSES
MONDAYS 2ND OCTOBER - 4TH DECEMBER
Robert Dolan House
9 Alie Street
London E1 8DE
[LINK TO BOOK](#)

