



Jane Mackenzie's  
Health and Fitness

Call to  
Book  
Now!

1-to-1 and 24/7 Online Pilates also available!

# Pilates Classes

Improve your posture, balance, flexibility and core strength!

**Tues 9:00 am**

Hythe, Burton Hall, CT21 6BY

**Tues 5:30 pm**

Folkestone, Three Hills, CT19 5JU

**Tues 6:45 pm**

**Wed 9.30 am**

Sellindge Sports Club, TN25 6HB

**Wed 11:30 am**

Folkestone, Shepway Close Centre, CT19 5SJ

**Wed 6:00 pm**

Hythe Cricket Club, CT21 6AX

**Thurs 9:30 am**

**Thurs 10:45 am**

**Thurs 6:00 pm**

£9.00 per class or £32 for a block of 4 (classes last 1 hour)

- ☒ Work safely, at the level that is correct for you.
- ☒ No competition, and no feeling like you can't do this class.
- ☒ Feel the benefits with Jane's highly popular and effective style of Pilates!

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[www.janem.co.uk](http://www.janem.co.uk)

for Information, Availability, Videos, News and more!

