

CHESHIRE FEDERATION OF WOMEN'S INSTITUTES

WI HOUSE, 11 WHITE FRIARS, CHESTER, CH1 1NZ

email: CFWILeisure@outlook.com



The CFWI Sub - Committee – LEISURE for PLEASURE

On-line Well Being – Saturday Morning Pilates

STARTING SATURDAY 4TH JANUARY 2025 9:30AM



New year – new you? Join in 8 weeks of our weekly on-line 30-minute Pilates sessions from the comfort of your own home. You could of course do this in your own time but joining in with others can help with motivation!

We will follow videos from The Girl with The Pilates Mat and do a series of standing Pilates sessions. Starting with gentle exercise suitable for everybody of any age wanting to improve posture, balance, coordination and strength, we will build up our confidence and flexibility over the weeks.

Use the link below every Saturday at 9:30am. Sessions are free of charge but for CFWI members only. Please do not share the link on an open forum.

<https://us02web.zoom.us/j/81410238228?pwd=SzV6dFl5eFIBSZA4SFdvdXRNYmFRZz09>

Meeting ID: 814 1023 8228

Passcode: 783805

DISCLAIMER: IT IS RECOMMENDED THAT YOU CONSULT YOUR DOCTOR OR HEALTHCARE PROFESSIONAL BEFORE STARTING ANY EXERCISE PROGRAMME. WHEN PARTICIPATING IN THESE EXERCISE SESSIONS, YOU AGREE THAT YOU DO SO AT YOUR OWN RISK AND AGREE THAT CFWI WILL NOT BE HELD RESPONSIBLE OR LIABLE FOR ANY INJURY OR LOSS YOU MAY SUFFER AS A RESULT OF UNDERTAKING THE WORKOUT.