



HELEN NOTWAY

BALANCING LIFE THROUGH FITNESS
SOCIALLY DISTANCED CLASSES & ONLINE LIVE CLASSES

PILATES

FUN & FRIENDLY PILATES MAT CLASSES
ALL AGES & ABILITIES WELCOME

Fetcham Village Hall

Tuesdays 1.45pm
Wednesdays 10.30am
Thursdays 9.30am

ONLINE PILATES

Tuesdays 9.30am and Wednesdays 9am

ADULT BALLET CLASS

Fetcham Village Hall

Wednesdays at 11.45am

ADULT TAP CLASS

Fetcham Village Hall

Thursdays at 10.45am

Non-Syllabus, fun and friendly classes for those of you
who would like to keep fit and KEEP DANCING.

Enquire for free trial. Please visit:

helenotway.co.uk

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