

## The Best Pilates, Yoga and Cardiovascular



### stePilates Class

This class has emerged from us doing the Pinc NEXT STEPS programme. The class combines the best pilates, yoga and cardiovascular exercises for a workout that is specifically designed to help with strength, flexibility and stamina.

stePilates is ideal for improving strength and mobility, increasing energy levels, strengthening core muscles and improving posture, improving fitness, improving breathing and reducing stress. It ticks the box for cardiovascular, resistance and relaxation training.