



Newark Pilates Class:

**Join the SFH Pilates class each Wednesday 5.15 - 6pm
in the boardroom at Newark Hospital.**

Pay as you go, £5 per session.

Bring your own exercise mat,
comfortable clothing and water for hydration.

Book with our Pilates Tutor, Jo on **07950 176332**

Any questions or queries email the Wellbeing Team on **shf-tr.wellbeing@nhs.net**