

Pilates Classes

Sabine Fitness
Personal training & Pilates in Ilkley



Each Pilates class will focus to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Pilates is a challenging yet safe method to conditioning your body and to feel increased agility in your everyday movements.



Friendly Group - everybody is welcome
Modifications and progressions are given to accommodate different levels of ability.

Quality teaching with experienced Pilates instructor and Personal trainer Sabine

For more information please contact
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