



# 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](mailto:shf-tr.wellbeing@nhs.net)**