

## **Pilates**

Our Pilates group meets in the crypt every Tuesday morning from 09.30 to 10.30. The participants are all ladies of a certain age, plus one very brave gentleman. Most people stop for complimentary tea/coffee & biscuits after the class, along with a lot of chat. Some are supportive of church activities, such as Food Bank & the Salvation Army toy appeal at Christmas. We must be doing something right as there is a short waiting list of ladies who want to join our merry band."