

# BULLETIN 193

## Pilates

**“Pilates, not painkillers,  
is best for backache”**

The Times 3rd February 2017

**LENGTHEN, STRENGTHEN & TONE  
ALL AGES & ABILITIES WELCOME**

Find out how Pilates can help you.

For more information call  
Julie Turner on 07970947682

Email: [jetpt22@gmail.com](mailto:jetpt22@gmail.com)

[www.jetpilates.co.uk](http://www.jetpilates.co.uk)



**The Old School  
Ashley Green**

Ashley Green Community Association

# ADVANCE NOTICE

# Village Fair

**Saturday June 3rd - 2017**

**1.00pm to 5.00pm.**