

Specialist Physiotherapists offering Ante-natal & Post-natal Private Pilates Classes

Poole APPI Instructors

Instructors Name	Venue	Days/Times of Classes	Email/Website	Contact Telephone No.
Lorraine Law	Branksome, Poole	Please contact for a 1:1 session	lorraine.law@me.com www.innovativepilates.co.uk	07941 059442
Ros Cox	Parkstone, Poole	Various days and times Post-natal group with baby	roscox1@hotmail.co.uk	07733 330320
Lucy Purrier	Ashley Cross, Poole and Broadstone	Various days and class times Post-natal group with baby	lucy.p@me.com	07900 240272
Kate Cadbury	White Cliff (Pure Chill Studio)	Various days and class times	katecadbury.pilates@gmail.com	07891 813 521
Lois Bickerton	White Cliff (Pure Chill Studio)	Various days and class times	Loisbickerton@gmail.com	07990 827693
Juliet Burnham	Broadstone Methodist Church	Various days and class times	contact@jbpilatesandphysiotherapy.com www.jbpilatesandphysiotherapy.com	07775 705680

If you wish to join one of the Poole Hospital Private classes, please either ask your physiotherapist or enquire about availability by email or telephone as above.

Recommended website for downloads and information: APPI (look for pregnancy / ante-natal / post-natal