



TOURNESOL FITNESS

# Newsletter August 2022

Fitness Pilates in the Park Tuesdays 12.30  
Longstanton recreation ground

New outdoor class at Longstanton recreation ground. You can either pre-book or just turn up and pay on the day .

I will be there as long as it isn't throwing it down with rain! It's a great session if you sit at a desk all day or if you have tight muscles from playing sport.

Come and join me for a bit of outdoor stretching, strengthening and stress-relief!

To pre-book follow the link  
<https://tournesolfitnesswithcarol.com/>





TOURNESOL FITNESS

# Men on Mats- Performance Fitness Pilates

I take quite a few Fitness Pilates classes but I have very few men in any of those classes. Why? Can you tell me?

The benefits of Pilates are huge for both men and women.

Whether you play sport and want to add some extra strength and mobility to your training, or whether you find you're sitting a lot during the day and need to move your spine more, , I have put together a 45 minute workout specifically for men to improve balance, posture, strength, flexibility and mobility.

MEN ON MATS is now available to buy and keep to do as many times as you like for only £8!

Book here [https://  
tournesolfitnesswithcarol.com//](https://tournesolfitnesswithcarol.com//)



TOURNESOL FITNESS

# **New Fitness Pilates class, Neil Marsh Health and Fitness, Willingham**

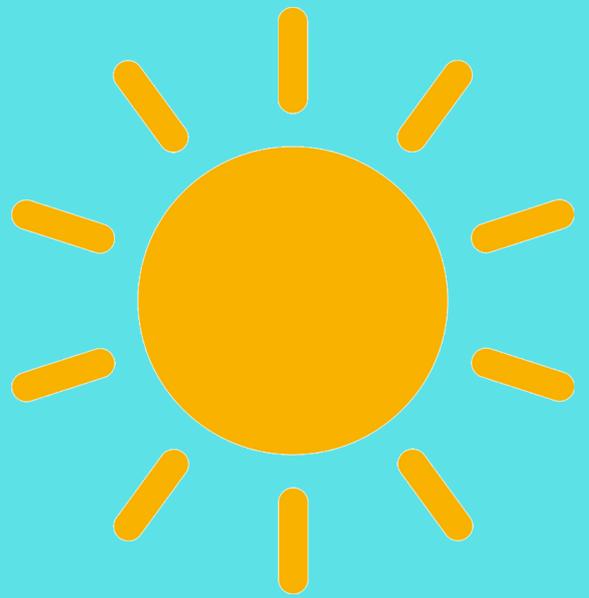
New indoor class at Neil Marsh Health and Fitness, Willingham, Fridays 17.30  
Open to non-members. Grab yourself a free 7-day trial plus the first class free

This is a great class for core and back strength as well as stretching out tight muscles and improving mobility.

Book here for a free trial:

<https://goteamup.com/p/1132002-neil-marsh-health-fitness/memberships/53418/>





**SPECIAL OFFER!  
6 WEEK PASS TO MY  
ONLINE WORKOUT  
LIBRARY!  
£22 (NORMALLY £22  
FOR 4 WEEKS)**





# SUMMER HOLIDAY WORKOUT TAKE- AWAY!

5 FIT IN 15  
WORKOUTS ONLY £7



***£15 a month***

**Fitness**  
**Pilates**  
Online

**20 WORKOUTS TO  
CHOOSE FROM**

**CORE STRENGTH**

**BACK STRENGTH**

**BALANCE**

**POSTURE**