

To accommodate the growing, varied, demand for Pilates, Fit 4 Life Knutsford has had a little shuffle around at its home, Gilbert House, Parkgate, Knutsford, Cheshire. The once spacious coffee lounge is now a more compact and cosy coffee corner whilst the remainder of the room has been updated with new studio flooring and floor to ceiling mirrors. Now One To One lessons can be booked outside of the normal weekly timetable, in a private environment.

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