

# FITNESS + PILATES with BECKI

**Take a look at what's on offer and make class bookings in two simple steps:**

1. Download the online platform 'Gymcatch' onto your device.
2. Follow the link below, or search for Fitness and Pilates with Becki to see schedule and book:

<https://gymcatch.com/app/provider/3295>

Please contact me for any further information, help or support:

**Tel: 07789863644      [beckiriddings@hotmail.co.uk](mailto:beckiriddings@hotmail.co.uk)**