

# Teresa Malins

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## SHE SHINES PILATES



I'm Teresa...Busy mum of 2, homemaker, wife, and fitness trainer/entrepreneur!

I've been in the Health and Fitness industry for over 25 years and during this time have travelled the world teaching classes and helping ladies get into shape.

Whether you want to work on your core strength and flexibility or up your cardio and and throw in some boxing moves or maybe you'd rather concentrate burning calories the quick way with shorter workouts, I can help! Choose from Piloxing, Pilates and HIIT classes all designed to get you fit (whilst having a giggle at the same time!).

**Check out all my classes on the website: [teresamalins.com](http://teresamalins.com)**

**Classes at St. John's are held on Saturday mornings.**

