

# TIMETABLE

From January 5th 2015



## Monday

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9:30 - 10:30am .....Mat Class - Essential Level  
10:30 - 11:30am .....Post Natal (& babies) Course (check website for start dates)  
7:00 - 8:00pm .....Mat Class - Essential Level  
8:00 - 9:00pm .....Mat Class - Essential Level

## Tuesday

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6:00 - 7:00pm .....Twin Reformer Class  
7:00 - 8:00pm .....Intro to Pilates Course (check website for start dates)  
8:00 - 9:00pm .....Mat Class - Intermediate Level

## Wednesday

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9:30 - 10:30am .....Mat Class - Essential Level  
6:05 - 6:55pm .....Pilates Equipment Class  
7:00 - 8:00pm .....Mat Class - Essential Level  
8:00 - 9:00pm .....Intro to Pilates Course (check website for start dates)

## Thursday

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9:00 - 10:00am .....Twin Reformer Class  
10:00 - 11:00am .....Intro to Pilates Course (check website for start dates)  
7:00 - 8:00pm .....Barre Style Pilates  
8:00 - 9:00pm .....Mat Class - Essential Plus

## Friday

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10:15 - 11:15am .....Yoga & Pilates 50/50  
4:30 - 5:30pm .....Teens Pilates (check website for start dates)  
6:00 - 7:00pm .....Twin Reformer Class

## Saturday

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9:00 - 10:00am .....Mat Class - Essential Level  
10:00 - 11:00am .....Yoga & Pilates 50/50  
11:00 - 12:00noon ....Pregnancy Class

## Sunday

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9:00 - 9:50am .....Pilates Equipment Class  
10:00 - 11:00am .....Mat Class - Essential Plus  
11:00 - 12:00noon ....Twin Reformer Class

## Intro to Pilates Course (4 wks)

Learn the basic principles of Pilates, warm up and some Essential Matwork exercises. You'll also be introduced to some smaller equipment and try out an equipment class. Check website for course dates.

## Mat Class – Essential Level

Progression from our intro course course. Learn a wide range of exercises from the Essential programme and develop your, strength and stability.

## Mat Class – Essential Plus

Have you been coming to Essential classes a while but perhaps you're not quite right ready for Intermediate? Then this is the perfect mid-way class.

Essential Plus is one step up from Essential level without going all the way to Intermediate. We'll take the essential repertoire and learn how to bridge it towards the intermediate version with preparatory and modified version.

## Mat Class – Intermediate Level

The exercises in this punchy paced class are more coordinated and challenging and are suitable for those with a little more experience of Pilates. Open up a whole new range of exercises that don't feature in our essential class.

## Barre Style Pilates Class

Take the stability and control of Pilates, add it to the grace and flow of ballet, and you get Barre Style Pilates.

A coordinated, dynamic class that will challenge your balance, core-strength, poise and posture. Using poles to mimic the standing barre-work in ballet before taking it to the floor. No dance experience needed, all welcome, men included!

## Pilates Equipment Class

Take your Matwork and shake it up with Equipment!

In this exciting class you'll get to use all of the toys! Move round the room doing Matwork exercises on the fit balls, bands, rings, rollers, toning balls, chi balls. Add in the arc barrels and Reformers that you never get to use in standard Mat Pilates classes. A very social fun class that allows you to experience everything Pilates has to offer.

## Post Natal Pilates Course

Post natal Pilates helps you get back into shape safely and effectively by strengthening specifically the pelvic floor and deep abdominals that have been stretched during pregnancy and delivery.

We'll also work on adding strength to your limbs to carry your new bundle of joy, help open up rounded posture from feeding and help keep your body active.

Min requirement before returning to exercise is 6 weeks after normal birth, 10 weeks for C section. Both are required to have had their post baby check to ensure everything is ok and you are cleared for exercise.

Please note: Whilst this class is for mummy time to get back into shape, often new mums struggle with childcare so

you are more than welcome to bring yours along and feed whenever you like. If you miss a week you cannot transfer payment over.

## Twin Reformer Class

The quickest way to tone your body with Pilates. The reformer machine is the original piece of Pilates equipment, a sliding bed using resistance springs and pulleys to sculpt and tone the entire body.

These intimate classes of just two people are the closest thing to personal training, at an affordable price!

**Please note:** Reformer classes are for people of general health and not suitable for pregnant clients, or those suffering with specific injuries that need to be addressed in private personal training sessions.

## Pregnancy Class

This is a modified matwork class especially for mums-to-be. The body is going through loads of changes during pregnancy. Pilates helps to strengthen the muscles of the deep abs and pelvic floor that are needed to carry the baby, protect your back and help with birth and returning to shape once baby has arrived. It's also a great way to meet other mums to be too.

**Please note:** This class is suitable from 13 weeks until birth. Please check with your midwife or GP before signing up. Credits purchased during your pregnancy for this class are valid for use on regular classes or post natal course after your baby is born.

## Teens Pilates

Carrying heavy school / college bags and hours spent hunched over computers, phones and games consoles take a toll on a young person's developing body. A growing body needs the right balance of strength and flexibility to support the demands on it.

This fun class will teach teens (12-16yrs) about their bodies, how to walk tall and with confidence. Build a strong core and flexible muscles needed to help improve posture and prevent injuries.

**Please note:** Missed classes are non-refundable and non transferable, and cannot be rolled onto the next term. Max 8 per class. Check our website for term dates.

## Pilates & Yoga 50/50

A fantastic new class with double the benefits!

Enjoy half the class practising Yoga to greatly improve your flexibility and exterior strength, then move into half an hour of Pilates with it's core, joint and scapulae stability focus.

Note: the yoga in this class is the modern Freestyle Fitness Yoga which offers yoga postures from an anatomical and physiological perspective. This provides a unique standpoint on traditional Yoga, understanding limitations for flexibility within a safe range more closely related to the fundamental principles of joint stability that Pilates practices. In this style of yoga, there is no reference to internal organs, Sanskrit language, meditation or areas outside of a fitness physical benefit or relaxation.