

SUMMER 2018 - *EXTRA CLASSES* DROP IN

Pilates Mixed Level: This will be a general class for all, with different levels offered. It is important that you are aware that some clients may want and are able to manage more challenging exercise. These are always optional. – Small equipment will be used.

Pilates Induction Beginner Class: Open to all new beginners and those interested in starting a Pilates course. Thursday 16th August at 5.15pm. Tuesday 28th August 7.30pm with Mel. Various courses (see timetable)

Back Care Classes - Rebecca: Open only to all Rebecca's regular back class clients.

Pilates Intermediate: If you have mastered the breathing and core engagement, have no back, neck or knee issues, and are able to work at the correct level for you, and are happy to use all equipment, then this class is for you!

Roller Class: A challenging yet fun full body workout, hugely beneficial for hydrating your fascial tissue which surrounds your muscles, tendons and ligaments.

MBF, Mind, Body, Fusion - Sarah: A slow calming class beginning with standing easy to follow Tai Chi moves set to Tai Chi music, followed by standing and floor based Yoga. The class finishes with a 15 min relaxation section that combines breathing techniques, muscle relaxation, visualizations and Yoga music. A class to make you feel toned, stretched and relaxed.

Pilates Gentle Mixed Level: A slower class giving you time to really perfect your exercises and less repetitions. Different levels given but nothing too advanced or difficult. Ideal for those who usually come to the Friday remedial class.

Power Dynamic Pilates: Daisy This is a fast flowing challenging class.

Flex & Stretch : Daisy: As it says! ☺ In the small studio.

Ballet Barre - Daisy: Barre Pilates is dance and Pilates amplified. It brings elements of dance, ballet and Pilates to create a class that strengthens, lengthens and elongates the body. Each class features an elegant combination of movements that enhance flexibility, improve balance and challenge the core. We work in the centre and at the wall to help us with our balance, as well as utilising the mat for our floor barre and Pilates sections. Expect plenty of fun in this full body class.

Garuda - Sally: This class is for those who have some previous experience of either Pilates or Yoga. Garuda encompasses the principles of Pilates, the breath work and Asana practices of Yoga and the grace of dance and Tai Chi. Improve your flexibility, strength, co-ordination and balance and bring about a sense of ease and well-being. Not suitable if you have knee issues.

Total Barre - Sarah: Begins with a flowing warm up and includes Barre work (using chairs), upper body toning with weights, a core work out using the mini ball, and a stretch to finish.

Fitness Circuits - Maryann: A fun 45 Min Class / Warm Up, Weights, Core Strength & Tone, Stretch to finish.

Come and try a different class this break. £9 per Pilates class - Garuda £12 - Back Care Class £10. Please book at reception or call 01424 215300, sign up and pay in advance – can be added to next terms fees. To help with our Admin, please could you ensure that you pay required fee on booking.