



## PILATES CLASSES

WEEKLY TIMETABLED CLASSES ARE AVAILABLE TO OUR CLIENTS FROM BEGINNERS TO IMPROVER LEVEL.

WE OFFER CLASS BUNDLE PAYMENT SCHEMES WITH A PURCHASE OFFER OF 6 CLASSES TO USE AS AND WHEN YOU CAN ATTEND OR VIA A MONTHLY PAYMENT SCHEME, SET UP AS A STANDING ORDER OR DIRECT DEBIT.

THE MONTHLY SCHEME OFFERS 1, 2, 3 OR ALL OF OUR TIMETABLED WEEKLY CLASSES PER WEEK FOR A FIXED MONTHLY PAYMENT AMOUNT. SEE OUR CLASS PRICES FOR MORE INFORMATION OR CONTACT THE STUDIO.

PILATES PROVIDES AN AMAZING FORM OF EXERCISE FOR INDIVIDUALS LOOKING TO STRENGTHEN AND CONDITION THEIR BODIES AS WELL AS ENABLING MIND, BODY CONNECTION TO ENCOURAGE OR RESTORE CONFIDENCE AND INNER WELLNESS.



## PILATES PERSONAL TRAINING

WE SPECIALISE IN PILATES ONE TO ONE, DUET AND SMALL GROUP TRAINING.

OUR EXPERTS WORK WITH EACH CLIENT FACE TO FACE TO DEVELOP A TRAINING SYSTEM THAT SUITS THEM.

MANY COME TO OUR STUDIO WITH LITTLE OR NO PRIOR KNOWLEDGE OF PILATES. WE TEACH THEM THE FUNDAMENTAL TECHNIQUES, GRADUALLY BUILDING ON THE VAST PILATES REPERTOIRE, TAKING INDIVIDUALS FROM MAT TO SMALL EQUIPMENT AND ON TO REFORMER.

CLIENTS SEE PHYSICAL CHANGE THROUGH CONTROLLED REPETITIVE MOVEMENTS, AND DISCOVER HOW EFFECTIVE THE PRACTISE IS IN IMPROVING MIND AND BODY AWARENESS AND ALL ASSOCIATED HEALTH BENEFITS.

WE OFFER OUR ADVICE AND EXPERTISE TO ENSURE EACH CLIENT IS TAUGHT SAFELY AND EFFECTIVELY, OPTIMISING THEIR POTENTIAL.