



TW12 Physio & Pilates

Physiotherapy led Pilates

Prior to attending the first class, ALL participants complete a registration form and receive a telephone call.

Based on this initial contact a 1:1 appointment, in clinic, may be required for further assessment.

Completion of the above is to ensure the safety and suitability of participants for the Pilates class.

CLASS DETAILS

Venue: YMCA White House Community Centre, The Avenue, Hampton, TW12 3RN

Day: Tuesdays & Thursdays - term time only

Cost: £15/class (Total cost depends on length of block)

Classes to be paid for in blocks.

Full payment required BEFORE starting the block, to secure your place.

If you are unable to attend a session, please let me know at the BEGINNING of the block so it is clearly marked on the register.

Type: Matwork Pilates

A chair will be provided to help with getting on and off the floor at the start and finish of the class.

Gentle and slow exercises allowing you:

- 1) time to correct your technique
- 2) time get into appropriate positions (side lying, lying on back, lying on stomach)
- 3) time to gain a good understanding and apply the principles of Pilates so that you are able to perform progressions safely and confidently
- 4) time to focus on co-ordinated, precise and smooth movements

Equipment Required: Please bring your own yoga/Pilates mat and a hand towel.

Number of people in the class: 6 participants

The small class allows for close supervision, to facilitate correction of techniques and to ensure that individual modifications to exercises can be provided where needed.