



BEGINNER PILATES 4BEGINNERS

CLASS DETAILS

Duration: 6 consecutive weeks.

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 technique
- 2) time get into appropriate positions (side lying, lying on back, lying on stomach)
- 3) time to gain a good understanding as to the principles of Pilates so that you are able to perform progressions safely and confidently

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

Cost: £90 (£15/class) to be paid at the start of the 6 week block to secure your place.

If you are unable to attend a session please let me know at the **BEGINNING** of the block and we can try make alternative arrangements.

Number of people in the class: MAX 6

The small class allows close supervision, hands on correction of techniques and individual modifications to exercises where needed.

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

Time: 11:00am -12:00am

Day: Fridays

The class runs term time only.