



# TW12 Physio & Pilates

## Physiotherapy led Pilates

### CLASS DETAILS

**Duration:** Approximately 6 consecutive weeks. The class runs term time only.

**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.

**Cost:** £15/class – Total cost depends on length of block

Classes to be paid for in blocks.

Full payment to be paid 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.

**Number of people in the class:** 6-7 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.

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

**Time:** 10:00am – 11:00am

**Day:** Tuesdays