**PILATES WITH LYNSEY - SUMMER PILATES TIMETABLE 2025**

**To Book:** please respond to me via email or this form and confirm that you have paid, thank you, classes are open to all.

**All Classes are £12.00 per class per person.**

**Please note:** Classes must be paid for *at time of booking* and no refunds can be given for cancellations or no-shows and cannot be carried over to another class or term, thank you. All normal ts & cs apply.

|  |  |  |  |
| --- | --- | --- | --- |
| Date  | Time | Class | Book |
| Week 1. |  |  |  |
|  |  |  |  |
| Wednesday 30th July | 7.30am | Back Care |  |
|  | 7.00pm | Flexibility and Strength |  |
|  |  |  |  |
| Thursday 31st July | 9.00am | Summer Stretch Class  |  |
|  | 6.00pm | Core/Back/Posture |  |
|  |  |  |  |
| Week.2 |  |  |  |
|  |  |  |  |
| Monday 4th August | 5.15pm | Pilates Flow |  |
|  |  |  |  |
| Wednesday 6th Aug | 9.00am | Thighs Bums and Tums |  |
|  | 7.30pm | Pilates on the Roller |  |
|  |  |  |  |
| Week.3 |  |  |  |
|  |  |  |  |
| Monday 11th Aug | 7.00pm | Pilates Social – The Railway Garden ALL WELCOME |  |
|  |  |  |  |
| Tuesday 12th Aug | 7.00pm | Pilates Flow |  |
|  |  |  |  |
| Thursday 14th Aug | 7.30pm | Summer Stretch Class |  |
|  |  |  |  |
| Week.4. |  |  |  |
|  |  |  |  |
| Wednesday 20th Aug | 7.30am | Flexibility and Strength |  |
|  |  |  |  |
| Thursday 21st Aug | 7.30pm | Core/Back/Posture  |  |
|  |  |  (BACS or CASH) Total to Pay | £ |

Name:………………………………………………………………………..

Sign:………………………………………………………………………. (to agree to guidelines, ts & cs and confirm payment)

Email:…………………………………………………………………………

**Pilates Summer Social:** You are all VERY welcome to join me for a drink at the Railway on Monday 11th August- please feel free to bring partners/family, more the merrier. Please let me know if you can come so I have an idea of numbers to pre-warn the pub, thank you.

Pilates with Lynsey

Ts & Cs (The Info Bit!)

1. Booking on first come first served basis
2. Payment on Booking to confirm space
3. All abilities welcome
4. All equipment provided
5. No obligation to join term classes
6. Please arrive 5-10 mins before class
7. No Refunds given for no shows/cancellations
8. Please let me know prior to session of any injuries/restrictions
9. Please share with family and friends
10. Online classes available throughout August (please ask for details)