

STUDIO CLASS AND ONE TO ONE INFORMATION

Claire Worman and Belinda Buttery have taught over 500 people to become fully qualified Pilates Instructors, working around the UK, Spain, Ireland and The Middle East.

We are now opening our Studio to the public offering competitively priced classes to suit all ages, abilities and cater for individual needs.

On the time table we offer 5, 6 and 8 week courses. These are payable up front to secure your place. You then have priority booking for the course that follows. Places are only released if you decide not to attend the next course.

If you book and PAY FOR 10 drop in classes up front you then GET 2 FREE. (12 classes for the price of 10), these must be used within 3 months of purchase.

If you are keen to use the studio 3 to 4 times per week, ask us about membership?

- **6 week Introductory Pilates classes (to include postural/medical individual screening) £48.00**

These are suitable for anyone with no Pilates experience wanting to learn it from scratch!!

- **6 week Improver level Pilates classes £45.00**

These are suitable for anyone with some Pilates experience

- **Drop in Pilates classes for experienced participants (book weekly) £8.00**

- **Drop in Glide and Pilates for experienced participants (book weekly) £8.00**

This is suitable for people with Pilates experience. A fun class using discs to increase the challenge, do you want firm thighs?

- **Drop in Stability Ball class (max 12 people, book weekly) £8.00**

This is suitable for anyone with some Pilates experience. Using the large Stability balls and other small equipment such as bands, rollers isotoners and chi balls

- **6 week Power Pilates classes £45.00**

Suitable for people with more experience, wanting a challenging more choreographed class.

- **Circuit Classes using the Reformers, Trapeze, Stability balls, Ladder barrel, Spine correctors and wunda chair (course of 5 maximum 6 in a class) £60.00**

WE ALSO HAVE A POWER PLATE FOR 10 MINUTE HIRE. AIMED AT TONING, REHABILITATION AND FLEXIBILITY. ASK FOR DETAILS

These are suitable for people who have Pilates mat work experience and would like to learn how to use the studio equipment.

- **6 week Healthy Backs Class £45.00**

*This is suitable for **men** wanting a class that focuses on releasing tight muscles, addressing postural problems or post clinical needs. Women also welcome.*

- **One to One sessions on the Studio Equipment £45/£50.00**

Book a set of 6 and pay £240/£270 (Save £30)

These are suitable for those preferring the one to one experience or with specialist needs such as spinal rehabilitation, post pregnancy care, knee/hip/shoulder injury etc.

Senior Instructor rate is £50.00 for Claire or Belinda

If you already have experience of studio equipment and wish to work in the studio on your own or with and equally experienced partner.

£22.00/£32.00

We also offer other classes with fully qualified popular experienced instructors.

These include

- Nikki Aldersleigh (studio manager) Pilates based classes including small equip
- Jo Phillips After School club, Pilates classes and one to Studio equipment sessions
- Melanie Powell Power Yoga and Toddler classes
- Tracy McCombe Hatha Yoga and one to one sessions **£40.00**
- Maurice Still Pilates based classes – 6 week courses only
- Hazel Boxall Pilates based class including small equip
- Melanie Byrne Drop and Shop and Body Toning

- **Yoga - 6 week courses £48.00**

These are longer classes at 1.15/1.30 hours

Divided in to Hatha Yoga and Astanga based – Power!

- **Drop in Power Yoga (book weekly) £8.50**

Suitable for those who seek an energetic rigorous form of yoga, those people who have previous experience of or are physically fit. What distinguishes it from other forms is its breathing technique which is synchronized with the postures. Be prepared to sweat!!!!

- **6 week Hatha Yoga classes £52.00**

Suitable for those seeking the practice of postures (asana), breathing (pranayama), meditation and relaxation. These practices can enable the student to increase flexibility, muscle tone and strength, increase energy levels and body awareness. This has the effect of reducing stress and bringing balance and harmony to the mind, body and spirit. The classes are open to all ages and abilities with the emphasis on encouraging the student to recognize and fulfill their own potential.

- **Toddler Yoga Course of 8 £49.00**

This is suitable for toddlers aged 18 months upwards and takes in the basics of yoga in a fun and exciting way. It is designed to stimulate the mental, physical and emotional faculties of your child. It encourages preverbal communication and enhances physical confidence. Spaces limited.

- **After School Yoga Prezels for 5-7 year olds, 8 week course £49.00**
- **Saturday fun in Drop and Shop 6 -8 year olds 8 week course £49.00**

These are suitable for children to develop body awareness, discipline in movement, have fun and experience Yoga and/or Pilates concepts at a young age.

- **Stretch and Relaxation including Feldenkrais technique 45 minutes (book weekly) £6.50**

Suitable for those who prefer a gentle class aimed at reducing stress and promoting calm

- **Drop In Body Conditioning (book weekly) £7.00**

Suitable for those wishing to focus on toning their muscles using weights. Body bars and bands to provide resistance.

Please do ask us for further information on any of the classes. All of our instructors are fully qualified and experienced .

Thank You

Belinda and Claire