

## COURSE INFORMATION

MONDAY	Pilates Improvers	9.30 (PF)
	Pilates Beginners	6pm (TC)
	Pilates Improvers	7pm (TC)
	Pilates Improvers	8pm (TC)
TUESDAY	Pilates Beginners	7.45 (Taking names)
WEDNESDAY	Small Group Circuits	1pm (PF)
	Stability ball/small equipment	6pm (PF)
	Pilates Improvers	8pm (PF)
THURSDAY	Pilates Improvers	10.45 (PF)
	Pilates Beginners	6pm (TC)
	Pilates Beginners	6pm (AH)
	Pilates Improvers	7pm (AH)

PF = Poyle Farm TC = Tongham Community Centre AH = All Hallows School

**Beginners** level pilates is suitable for those with no Pilates experience.

**Improvers** level is suitable for those with some Pilates experience.

**Stability ball** is for those with some Pilates experience and makes use of the large stability balls and other small equipment such as bands, rollers etc

### ONE TO ONE SESSIONS

These are sessions on studio equipment for those who prefer the one to one experience or with specialist needs. Rates for these sessions are £45 - £50, the Senior Instructor rate with Claire or Belinda is £50

All courses are £45 for 6 weeks which is payable on booking either by cheque to Pilates Training Solutions or by credit card. If you know you are going to be absent due to holidays the overall price will be adjusted accordingly and a £1 holding fee will be charged for each class that will be missed. Classes cannot be carried forward or refunded due to unscheduled absence.

Discount cards are available for £80 (12 for the price of 10) but only to regular students who attend more than 2 classes per week. Cards have a 6 week expiry date and cannot be carried forward.

If you would like further information on our courses or would like to book a place please call **01252 333005**.