



Clinical Pilates

Class Timetable

Monday

10.00am	Improvers
11.15am	Beginners/Improvers
12.30pm	Beginners/Improvers
6.00pm	Beginners
8.00pm	Runners (Ipswich)

Tuesday

8.30am	Intermediate
10.00am	Beginners/Improvers
11.15am	Intermediate
2.00pm	Advanced
4.15pm	Teens
6.00pm	Beginners/Improvers
7.15pm	Beginners/Improvers
8.30pm	Beginners/Improvers

Wednesday

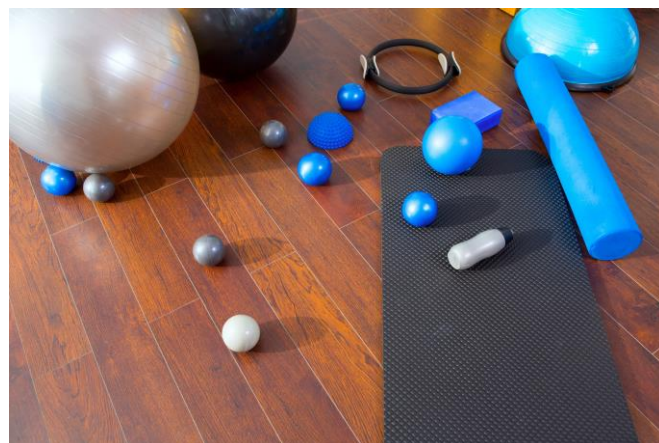
10.00am	Improvers
2.00pm	Advanced

Thursday

8.30am	Improvers
10.00am	Healthy Bones
11.15am	Intermediate
12.30pm	Bumps & Babies
6.00pm	Beginners/Improvers
7.15pm	Intermediate

Friday

10.00am	Beginners
---------	-----------



Class Levels

Beginners:

Introduce your body to the benefits of Pilates. This class is ideal for those who are injured. Learn to use your inner core and stability muscles to improve your strength, posture and flexibility.

Improvers:

For experienced beginners who are not quite ready to leap to intermediate.

Intermediate/Advanced:

These are higher level classes for those without injury. A great progression for clients experienced in Pilates, ready to move to a higher level of strength, control and balance.

Healthy Bones:

A class aimed at improving bone health, spending time in the functional position of standing, working on balance, gluteal strength and tone as well as strength, mobility and flexibility.

Bumps & Babies (Babies Welcome)

A specialised class for pregnant ladies and post-natal mummies 6 weeks – 6 months*.

*This will be dependent on individual requirements.