



Thursday Body Care Pilates Information Sheet

What we will cover

This session runs at a lovely gentle pace- we focus on mobility, gentle core activation and flexibility work.

Each week we mobilise the back and supporting structures using safe, proven techniques, and stabilise using the Pilates method.

It is the ideal stepping stone to get you back into exercise and improve your body confidence.

It will empower you to look after your own body in a drug free way.

Your instructor will come around and help with gentle hands-on correction if needed (and if you are happy with it!).

Your instructor Virginie is a Level 3 Body Control Pilates Instructor.

Session Times & Venue

Thursday 7pm.

All Saints Catholic Church, 13 Queens Rd, Hersham, Walton-on-Thames KT12 5LU.

There is free parking at the hall which is right at the back of the large car park.

There are toilets and baby change facilities on site.

Payment Terms

The cost if you pay on the door is £10. You can buy a Loyalty card for £90 for 10 sessions.

You can pay by card or cash.

Clothing and Equipment

We supply various pieces of small equipment during the sessions such as small balls, magic circles, & bands.

You will need to bring along your own mat

If you don't already have a mat I would recommend one that is at least 8mm thick and non-slip. The more padded the better for support of your spinal column! Tesco sells some lovely thick, padded ones which are ideal for back comfort and cost around £12.

Please wear stretchy clothes. Layers are best as they allow your instructor to see your alignment but you can take a layer off if you get too warm. Please avoid heavy sweatshirt type tops as they mask your back movements.

As floors can sometimes be a little slippery we recommend that you wear non slip socks when possible. You can buy special non slip socks (the ones with the little rubber dots on the sole) from many online retailers.

Booking

To book your place email claire@betterbodypilates.co.uk. Claire will send you the relevant registration form, this will need to be completed and emailed back prior to attending class. Once enrolled you can simply turn up to subsequent sessions.

We would always recommend planning to attend at least 6 sessions to start to understand and perform the exercises and feel the benefit- but for some people the benefit is immediate!

www.betterbodypilates.co.uk

#Keepmoving