

## February – April 2019

### GROUP CLASS SCHEDULE

w/c 25th February – w/c 1st April 2019 (inc)

## NEW 6 WEEK BLOCK OF CLASSES EARLYBIRD OFFER!



As recently seen in

The Daily Telegraph

marie claire

GLAMOUR

## NEW 6 WEEK BLOCK OF CLASSES EARLYBIRD OFFER! BOOK BEFORE FRIDAY 22ND FEBRUARY TO SAVE 15%

Our new block of Group Classes will begin w/c 25th February 2019 and will run for 6 weeks until w/c 1st April 2019 (inc)

If you book your place on the new block before Friday 22nd February, you will save 15% on your booking ...

### PRICES FOR THE 6 WEEK BLOCK

EARLYBIRD PRICE IF BOOKED BEFORE FRIDAY 22ND FEB 2019:	STANDARD:
Lunchtime Mat Class .....£66	.....£78
Lunchtime Reformer Class .....£77	.....£90
Lunchtime Healthy Back Class .....£71	.....£84
Evening Mat Class .....£77	.....£90
Evening Reformer Class .....£92	.....£108
Evening Reformer Tower Class .....£92	.....£108
45 min Reformer Workout .....£77	.....£90
Evening Healthy Back Class .....£82	.....£96
Healthy Bones Class .....£82	.....£96
Pre and Postnatal Pregnancy Class .....£77	.....£90
Body Control Pilates Student Mat Class .....£46	.....£54

Matwork Classes include Intro To Pilates, Core Pilates and Dynamic Pilates.

**IF YOU ARE BOOKING A BLOCK OF CLASSES THEN YOU CAN BOOK YOUR FIRST 1:1 SESSION FOR £45 (NORMALLY £60).**

### STUDIO SESSIONS

Studio Sessions are a cost effective and flexible way of training with the full range of equipment in the Pilates studio. Run by 2 teachers who work with a maximum of 6 clients in a session. Perfect for developing your own workout with the added benefit of supervision. Studio Sessions are also suitable if you are pregnant or have anything specific that you are wanting to work on.

Studio sessions are 1 hour in duration and by appointment only. Studio Sessions run on Tuesday mornings 8am -12pm. £25 per session or £20 per session for 5 pre booked sessions. For further information please contact us.

SINGLE SESSION £25

5 PREPAID SESSIONS £100

**CALL US ON 020 7636 8900 TO BOOK!**

info@bodycontrol.co.uk | www.bodycontrolpilates.com

Please contact us for booking terms, conditions and cancellation policy.

## CLASS DESCRIPTIONS

### INTRO TO PILATES

The starting point for anyone new to Pilates. Intro will enable you to master your Body Control Pilates ABCs (Alignment, Breathing, Core Stability) through a range of Beginner exercises and opens the door to other classes in the Body Control Pilates programme.

### CORE PILATES

Core classes run at three levels from Beginner through to Advanced level and will take you through the main Pilates matwork repertoire. You will develop your Pilates technique and skills by means of a balanced, effective, total body workout – with particular focus on your core!

### DYNAMIC PILATES

Dynamic Pilates is an up-tempo class designed to help you build endurance, strength and stability. It is a flowing, mat-based class which will also incorporate small equipment such as toning circles, stretch bands and balls to keep you challenged!

### REFORMER CLASS

The Reformer is the most popular piece of studio equipment. These classes offer you the chance to achieve an intensive workout which is as much about correct technique as strength and stamina. You will work with different levels of resistance and some sessions will incorporate the Jumpboard for added intensity. You must have at least Beginner/Intermediate Matwork experience to join Reformer classes.

### TOWER CLASS

Body Control Pilates is one of the few studios to offer group classes on the Tower. The Tower is a versatile piece of equipment added to The Reformer, which uses spring resistance to both challenge and support. This class will be great for those wishing to progress their Matwork, using the equipment to look at the building blocks of some of the more challenging Pilates exercises. The spring resistance will promote strength, stamina and balance to enhance your technique and build strong, fluid movements. To join the class you need to be at an Intermediate level in Matwork and have Reformer experience. 7 maximum.

### 45 MIN REFORMER WORKOUT!

Join Sarah Clennell for a 45 min Reformer workout on Thursday evenings. This class will have a relaxed atmosphere to music, but Sarah will still work you hard! To book this class you must have attended at least 2 blocks of Reformer classes at the studio and you should be injury free. 9 max.

### HEALTHY BACK CLASS

Designed to help prevent and manage back pain and taught by specially qualified Body Control Pilates teachers. These classes give you a gentle, balanced workout with the focus on strengthening the core muscles that help support your back, improve the quality of your movements and keep your spine flexible and strong. Suitable for beginner – advanced levels.

### HEALTHY BONES CLASS (10 MAX)

This class is suitable for anyone who wishes to improve their bone health but it's also ideal if you have been diagnosed with Osteopenia or Osteoporosis. We will work to strengthen the main joints and the spine by doing lots of balance work as well as looking at alignment, posture, breathing, stretching and ensuring good mobility. Suitable for all ages and levels.

### PRE AND POSTNATAL PILATES CLASS

This Pre and Postnatal Pilates Matwork class will include the most up to date knowledge and exercises. There will be a maximum of 8 in the class. You must be at least 16 weeks pregnant or have had your 6 week check following a normal delivery and 12 weeks following a C-Section. Call us for further details.

### STUDENT CLASS

This class is only open to students on the Body Control Matwork Teacher Training course. We will focus solely on the exercises that you have learnt in your matwork training. These classes offer an excellent environment in which to develop your technique and advance your understanding.

Interested in Pilates Teacher Training?

Contact info@bodycontrol.co.uk

# February – April 2019 Group Class Schedule

## 6 WEEK BLOCK SCHEDULE

w/c 25th February – w/c 1st April 2019 (inc)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8.00am–12.00pm		Studio Sessions with Sarah W and Lily		
12.15–1.00pm	Core Pilates with Kate INTERMEDIATE		Core Pilates with Penny BEGINNER / INTERMEDIATE	Core Pilates with Paul BEGINNER
	Reformer with Sarah W BEGINNER		Intro to Pilates with Dawn STARTER	Reformer with Annie BEGINNER / INTERMEDIATE
1.00–1.45pm	Reformer with Sarah W INTERMEDIATE		Healthy Back Class with Dawn	Student Class with Paul FOR BCP STUDENTS
	Core Pilates with Kate BEGINNER		Core Pilates with Penny INTERMEDIATE	Reformer with Annie BEGINNER
2.00–2.45pm			Pre and Postnatal Pilates with Sarah W	
5.30–6.30pm			Student Class with Chloe FOR BCP STUDENTS	Healthy Bones with Lynn
5.45–6.30pm				Reformer Workout! with Sarah C BEGINNER / INTERMEDIATE
6.00–7.00pm	Core Pilates with Jo INTERMEDIATE	Core Pilates with Kevin INTERMEDIATE / ADVANCED	Core Pilates with Alex INTERMEDIATE	Dynamic Pilates with Jo INTERMEDIATE
	Intro to Pilates with Kathy STARTER	Reformer Tower with Rachel INTERMEDIATE	Reformer with Jazzi BEGINNER	
	Reformer with Jacque INTERMEDIATE	Core Pilates with Matt BEGINNER		
6.30–7.30pm			Healthy Back Class with Chloe	Healthy Back Class with Lynn
7.00–8.00pm	Core Pilates with Kathy BEGINNER	Core Pilates with Matt INTERMEDIATE	Core Pilates with Jazzi BEGINNER / INTERMEDIATE	Student Class with Jo FOR BCP STUDENTS
	Dynamic Pilates with Jo INTERMEDIATE / ADVANCED	Intro to Pilates with Kevin STARTER	Reformer with Alex INTERMEDIATE	
	Reformer with Jacque BEGINNER	Reformer Tower with Rachel BEGINNER / INTERMEDIATE		

Body Control Pilates is widely regarded as Europe's foremost Pilates organisation. Our approach focuses on adapting exercises to fit your needs and on building good movement skills step-by-step so that you can enjoy the benefits of Pilates while you work safely and effectively.

- New to Body Control Pilates? Start with our Intro To Pilates Class.
- Matwork classes include Core Pilates, Dynamic Pilates and Intro To Pilates.
- Our specialist classes include Healthy Back, Healthy Bones and Pre and Postnatal Pilates.
- Class sizes are small – 12 for Matwork, 10 for specialist classes and 9 for Reformer.
- Pilates Studio Sessions on Tuesday mornings from 8am.
- Private 1:1 and Duet sessions from 7.30am – 8pm.
- Back4Good® Low Back Pain Specialist 1:1 sessions available.
- Private changing room on request.
- Body Control Pilates DVDs, books and Pilates products in stock.
- Ask about our corporate rates and workshops.

To book or if you have any questions about which level or class is right for you, please give us a call on [020 7636 8900](tel:02076368900) or email [info@bodycontrol.co.uk](mailto:info@bodycontrol.co.uk) and we will be happy to help.



### MATWORK AND REFORMER CLASS LEVELS

- Starter
- Beginner
- Beginner / Intermediate
- All levels
- Intermediate
- Intermediate / Advanced
- Advanced
- Pregnancy