

October – December 2019
GROUP CLASS SCHEDULE
 w/c 28th Oct – w/c 2nd Dec 2019 (inc)

**LAST BLOCK OF CLASSES FOR 2019
 SO DON'T MISS OUT!**

**FOR THIS BLOCK ONLY 'BREXILATES' TO
 DE-STRESS YOUR MIND AND BODY!**



As recently seen in

The Daily Telegraph marie claire GLAMOUR

**NEW 6 WEEK BLOCK OF CLASSES EARLYBIRD OFFER!
 BOOK BEFORE FRIDAY 25TH OCTOBER TO SAVE 15%**

Our new block of Group Classes will begin w/c 28th October 2019 and will run for 6 weeks until w/c 2nd December 2019 (inc) This will be our last block of the year so we hope you will join us!

If you book your place on the new block before Friday 25th October, you will save 15% on your booking ...

PRICES FOR THE 6 WEEK BLOCK

EARLYBIRD PRICE IF BOOKED BEFORE FRIDAY 25TH OCTOBER 2019:	STANDARD:
Lunchtime Mat Class£72£85
Lunchtime Reformer Class£85£100
Lunchtime Healthy Back Class£78£92
Evening Mat Class£77£90
Special! Evening Brexilatates Class£77£90
Evening Reformer Class£92£108
Evening Reformer Tower Class£92£108
Evening Healthy Back Class£82£96
Healthy Healthy Bones Class£82£96
Body Control Pilates Student Mat Class£46£54

Matwork Classes include Intro To Pilates, Core Pilates and Dynamic Pilates. For Pre and Postnatal Pilates please contact us for details.

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.

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 you spine flexible and strong. Suitable for beginner – advanced levels.

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.

HEALTHY BONES CLASS

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.

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.

SPECIAL BREXILATES CLASS

Whatever your stance on Brexit, one thing is clear... it's been a stressful time for us all! With this mind Body Control Pilates are offering a special Brexilatates Matwork class for this 6 week block, designed to de stress and put both your mind and body back in balance. Suitable for all levels of ability, it's the perfect way to ease out any underlying tension, whilst giving you the inner strength to cope with what lies ahead!

Interested in Pilates Teacher Training?

Contact info@bodycontrol.co.uk

October – December 2019 Group Class Schedule

6 WEEK BLOCK SCHEDULE

w/c 28th October – w/c 2nd December 2019 (inc)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8.00am–12.00pm		Studio Sessions with Sarah W and Jazz		
12.15–1.00pm	Core Pilates with Harriet INTERMEDIATE Reformer with Sarah W INTERMEDIATE		NEW! Reformer with Penny BEGINNER Core Pilates with Dawn INTERMEDIATE / ADVANCED	Core Pilates with Paul BEGINNER Reformer with Annie INTERMEDIATE
1.00–1.45pm	Reformer with Sarah INTERMEDIATE / ADVANCED Core Pilates with Harriet BEGINNER		Healthy Back Class with Dawn ALL LEVELS NEW! Reformer with Penny INTERMEDIATE	Student Class with Paul FOR BCP STUDENTS Reformer with Annie BEGINNER / INTERMEDIATE
2.00–2.45pm				
5.30–6.30pm			Healthy Bones Class with Chloe ALL LEVELS	Healthy Back Class with Heather ALL LEVELS
5.45–6.30pm				
6.00–7.00pm	Core Pilates with Jo INTERMEDIATE Intro to Pilates with Kathy STARTER Reformer with Penny INTERMEDIATE	SPECIAL! Brexilates with Kevin ALL LEVELS Core Pilates with Sylwia BEGINNER Reformer Tower with Rachel INTERMEDIATE	Reformer with Jazz BEGINNER Core Pilates with Danai INTERMEDIATE	Dynamic Pilates with Jo INTERMEDIATE Reformer with Valentina INTERMEDIATE
6.30–7.30pm			Healthy Back Class with Chloe ALL LEVELS	NEW! Core Pilates with Heather INTERMEDIATE / ADVANCED
7.00–8.00pm	Core Pilates with Kathy BEGINNER Dynamic Pilates with Jo INTERMEDIATE / ADVANCED Reformer with Penny BEGINNER	Core Pilates with Sylwia INTERMEDIATE Student Class with Rachel FOR BCP STUDENTS Reformer with Kevin BEGINNER / INTERMEDIATE	NEW! Core Pilates with Danai BEGINNER Reformer with Jazz INTERMEDIATE	Reformer with Valentina BEGINNER Student Class with Jo FOR BCP STUDENTS

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 or email 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