

BODY CONTROL PILATES FOR GOLFERS				
SPECIALIST TEACHERS				
Issue: 7th August 2019				
	<u>nearest town/location</u>	<u>email</u>	<u>telephone</u>	<u>website</u>
Greater London				
Lesley O'Neill	Islington	lesleyoneillpilates@me.com	07808 137193	www.lesleyoneillpilates.com
Linda Segerstam	Kingston upon Thames	linda@theintelligentcore.com	07930 666893	www.theintelligentcorepilates.com
Lydia Roper	Barnes	lydiaroper@btconnect.com	07808 946682	
Lynn Gant	Finchley	pilatesplus@hotmail.com	07968 474358	
Marie Failenet	Putney	mariepinson@yahoo.com	07825 743113	
Marina Huxley	SW9	info@marinahuxleypilates.com	07852 429555	www.marinahuxleypilates.com
Tara Stoll	Edgware	ukfitnesstrainer@yahoo.co.uk	07956 895764	
Matt Marney	North London	mattmameyfitness@outlook.com	07731 649263	www.mattmameyfitness.co.uk
Charlotte Bartolini	Raynes Park	charlotte.bartolini@googlemail.com	07867 548013	
Jo Hatherley	Pinner	jo@totalprecisionpilates.com	07900 247352	www.totalprecisionpilates.com
Lidia Webb	SW19	pilatesSW19@icloud.com	07789 435875	www.pilatesSW19.co.uk
Charlie Kelly	Ealing W5	charlie@pilatesman.co.uk	07961 191976	www.pilatesman.co.uk
Cheryl Liss	W6 & WC1	cheryl_liss@hotmail.com	07906 309409	
Nadiya Hrytsyn	North West London	hrytsyn.n.o@gmail.com	07891 641851	
Elizabeth Lavarini	North London	pilatesbodysculptureinfo@gmail.com	07809 676 122	www.pilatesbodysculpture.co.uk
Richard Norington	Feltham, Middlesex	richard@primapilates.co.uk	07506 001 406	www.primapilates.co.uk
Tracey Davidson	Eltham, SE9	traceydavidsonpilates@outlook.com	07763 475 287	www.traceydavidsonpilates.com
Ciba Renata Bamikova	Chiswick	cibapilates@gmail.com	07878 233 123	
Laura Reyes	Islington	laura_reyes97@yahoo.co.uk	07720 395 167	
Sue Kotz	Kensington	skotze@email.com	07799 627 275	www.pilates-experience.co.uk
Lisa Urinov	Edgware	lisaurinov@gmail.com	07939 008 008	
Perihan Sadovski	North West London	perihan@alppilates.co.uk	07906 750026	www.alppilates.co.uk
Sophia Katerinis	South East London	katerinissophia@gmail.com	0752 819 6149	
Kent				
Fiona Steadman	Beckenham	fionajsteadman@outlook.com	07831 777476	
Julie Hassell	Orpington	pilateswithjulie@rocketmail.com	07757 317646	www.pilateswithjulie.co.uk
Sara Cunninghamham	Chislehurst	thepilateslady@gmail.com	07966 296449	www.thepilateslady.co.uk
Rondaa Brown	Tonbridge	rondaa_b@hotmail.co.uk	07789 811094	
Perry Ives	Chislehurst & Sevenoaks	perryives@aol.com	07860 66 55 31	
Surrey				
Alison Dacomb	Esher	gdacomb@gmail.com	020 8398 1611	
Claudia McDade	Virginia Water	claudiamcdade@yahoo.co.uk	07779 638724	
Julie Neville	Bentley	julie_neville@gmail.com	07791 646789	
Linda Segerstam	Kingston upon Thames	linda@theintelligentcore.com	07930 666893	www.theintelligentcorepilates.com
Paul Andrews	Epsom	paul@corevaluespilates.co.uk	07852 914879	www.corevaluespilates.co.uk
Sarah Wiford	Cranleigh	sarahw321@hotmail.co.uk	07932 159133	www.sarahwiford.com
Sharon Newman	Epsom	snpilates@gmail.com	020 8393 3970	www.pilates-for-life.co.uk
Shirley Millington	Lightwater	leomilli@hotmail.com	01276 472399	
Linda Ward	Worcester Park	info@newstartpilates.co.uk	07720 598228	www.NewStartPilates.co.uk
Charlie Carvalho	Epsom	charlotte.carvalho19@gmail.com	07920 090368	www.wellbeing-pilates.com
Dawn Chappell	Reigate	dawnhchappell@btinternet.com	07887 996831	
Tricia Ranson	Epsom	tricia.ranson@hotmail.co.uk	07857 227694	
Tania Turner	Caterham	tania@turner91@gmail.com	07793 908442	
Lyane Junor	Leatherhead	lyane@thejunors.co.uk	07905 715236	
Alison Joyce	Banstead	alison@bansteadpilates.co.uk	01737 361 524 / 07702 3	www.bansteadpilates.co.uk
Kate Genziani	Rowledge	kate.genziani@btopenworld.com	01252 792 605 / 07788 724 396	
Sue Kotz	Weybridge	skotze@email.com	07799 627 275	www.pilates-experience.co.uk
Sussex				
Jan Davies	Brighton	jan@movementandhealth.co.uk	07904 187257	www.movementandhealth.co.uk
Alison Mulford	Newick, East Sussex	amulford@kalsgroup.com	07841 212 718	
Serap Dickens	West Sussex	pilates707@gmail.com	0784 071 6907	www.pilateswithme.co.uk
Home Counties (Berks, Bucks, Beds, Herts)				
Amanda Pountney	Harpenden	amandapountney@hotmail.com	07834 373021	www.thepilatesworkshop.co.uk
Georgia Brown	Amersham	georgiabrownpilates@gmail.com	07818 098858	www.georgiabrownpilates@gmail.com
Gylyl Rutherford	Wargrave	gylyl@pilateswithgylyl.co.uk	07710 417486	www.pilateswithgylyl.co.uk
Jennie Day	St. Albans	jen@i-pilates.co.uk	07766 004489	www.i-pilates.co.uk
Julie Kimber	Tewin	juleskimber@tewinpilates.com	07788 648438	www.tewinpilates.com
Louisa Harris	Stoke Hammond	louisa.pilates@gmail.com	07941 203589	www.thepilatesworkshop.co.uk
Margaret Brabrook	Letchworth	mabrabrook@hotmail.com	07752 769248	www.pilatesforyou.co.uk
Martyn Webber	High Wycombe	martywebber@hotmail.co.uk	07941 062464	
Nikki Harlow	Rickmansworth	nikkiharlowpilates.com	07889 618868	www.nikkiharlowpilates.com
Olga Adamska	St. Albans	Info@intelligentpilates.uk.com	07814 348656	www.intelligentpilates.uk.com
Ro Jameson	Bishops Stortford	ro@perfectionpilates.com	07801 442475	www.perfectionpilates.com
Sam Sidley	Beaconsfield	samsidley@btinternet.com	07786 707570	www.samsidley.co.uk
Sue Arkle	Flackwell Heath	saarkle@yahoo.co.uk	07732 789690	
Lucy Owen	Stevenage, Herts	lucy@labfitness.co.uk	07986 846106	
Julie Clement	Harpenden	julieclementpilates@gmail.com	07801 967369	
amanda Pountney	Windsor, Berks	jaynepeg@hotmail.com	07813 317750	www.pegspilates.co.uk
Sarah Crook	Knebworth, Herts	sarahcrook21@me.com	07887 565663	
Mei Doran	Thatcham, Berks	meriel58@yahoo.com	07788 586302	
Sarah Lawman	Wokingham, Berks	lawmansarah@gmail.com	07917 107 422	
Christine Austin	Newgate St Village, Herts	christineaustin55@msn.com	07944 396 901	
Jenna Reece	Ascot, Berkshire	jennareecepilates@outlook.com	07730 599 275	
Edyta Grigg	Reading, Berkshire	info@berkshirerpilates.co.uk	07788 151 917	www.berkshirerpilates.co.uk
Wendy Gill	Reading & Bramley - Berkshire	wendygill44@yahoo.co.uk	07961 102 535	
Cat Hyde	Beaconsfield, Buckinghamshire	cat@olivetreepilates.com	07957 763 415	www.olivetreepilates.com
Lina Lennie	Beedon & Thatcham	lina@limetreepilates.com	07834 152 922	
Shashin Gajjar - Body Tone Pilates	Hitchin & Letchworth Garden City	bodytone1@outlook.com	07963 232 666	www.bodytonepilates.co.uk

Essex				
Jan Crawley	Saffron Walden	jcrawley01@me.com	07742 182272	
Joanna Hockey	Colchester	joannahockey@gmail.com	07979 421332	www.pilatesandpersonaltraining.com
Joanne Thomas	Chelmsford	pilateswrittle@gmail.com	07779 632691	
Angela Porter	Chelmsford	angelaporter1304@gmail.com	07793 532 368	www.springfieldpilates.co.uk
Clare Blackwell	Colchester	clareblackwellpilates@gmail.com	07912 422 487	www.clareblackwellpilates.com
Nicola Whitehouse	Westcliff-On-Sea	nicki_whitehouse@hotmail.com	07773 230 784	www.pilates-Essex.co.uk
Lottie Whyman	Colchester			
East Anglia (Suffolk, Norfolk)				
Liz Davis	Holt, Norfolk	lizdavis.pilates@btinternet.com	07716 116801	www.pilatesinnorfolk.co.uk
Sonja Porter	Kings Lynn, Norfolk	info@sonjaporterpilates.co.uk	07398 783520	www.sonjaporterpilates.co.uk
Jenny Pooley	Kersey, Suffolk	info@pilatesworks4u.com	07855 394703	www.pilatesworks4u.com
Sarah Posie Wilkinson	Pakefield & Beccles, Suffolk	sarah@pilatesuffolk.com	07588 153 422	www.pilatesuffolk.com
Hollie Thomas	Ipswich	holliepilates@hotmail.com	07771 875 677	
Derbyshire, Staffs, Herefordshire, Shropshire, Worcestershire				
Emma Wollaston	Burton-on-Trent	emmawollaston@hotmail.com	07974 145055	
Louise Stafford	Towcester	pilates@louisestafford.co.uk	07747 774023	www.towcesterpilates.com
Siobhan Gray	Stafford	info@breewoodpilates.co.uk	07875 082411	www.breewoodpilates.co.uk
Victoria Westall-Eyre	Bakewell	parsonagecroft@gmail.com	07773 703357	
Alison Petitjean	Denstone, Staffs	alison0961@gmail.com	07412 271792	
Lincolnshire				
Olivia Walmsley	Stamford	omwpilates@gmail.com	07792 012 248	www.omwpilates.co.uk
Warwickshire				
Katey Quinn	Nuneaton	Back2backpilates@googlemail.com	07887 895 022	
Midlands (East & West), Northants				
Flo Batt	Rutland	flo.batt@cloud.com	07786 963294	
Helen Stewart	Newark	feelgoodpilates@mail.com	07973 338232	
Jennifer Bird	Solihull	jennyjanebird@gmail.com	07968 363529	www.thepilatesgym.co.uk
Justine Rogers	Dudley	enquiries@justinepilates.co.uk	07970 244638	www.justinepilates.uk
Gloucestershire, Oxfordshire & Wiltshire				
Caroline Hope-Hawkins	Warminster	caroline@hhpilates.com	07734 904193	www.hhpilates.com
Christine Douglas	Devizes	christine@corecontrolpilates.com	07833 907839	www.corecontrolpilates.com
Lindsay Hilton	Tetbury	info@lindsayhilton.co.uk	07768 191262	www.lindsayhilton.co.uk
Lavender Wang	Bicester	lelewx@gmail.com	07538 085905	
Hampshire & Isle of Wight				
Ann Dickson	Ringwood	ann@pilatesringwood.uk	07763 214738	www.pilatesringwood.uk
Nicole Ambrose	Winchester	info@zipilates.com	07860 509558	www.zipilates.com
Sally Hogg	Artesford	sallyhogg@btinternet.com	07771 522665	
Martine Egan	Fareham	martine.egan@talktalk.net	02392 371855	www.porthchester-fareham-pilates.co.uk
Sarah Ratcliffe	Romsey	sarah@corecondition.co.uk	07747 792615	www.wellowfitness.com
Annette Osmond	Emsworth	annettepilates@yahoo.co.uk	07587 219000	
Michelle Baker	Winchester	michelebaker5@hotmail.com	07917 138552	
Jill Hanna	Winchester	move@jilhannapilates.com	07812 347651	www.jilhannapilates.com
Samantha Parsons	Winchester	samparsonspilates@gmail.com	07792 465 452	www.cadenzapilates.co.uk
Karen Dwight	Waterlooville	hampshirepilates@gmail.com	07811 064 707	www.pilatesutor.co.uk
Dorset & Somerset				
Gail Hillier	Broadstone	gailhillier@yahoo.com	07970 618121	
Jane Roberts	Drayton	pilateswithjane@gmail.com	07515 159789	
Theresa Cooper	Wimborne	mtcooper.pilates@hotmail.com	07786 022711	
Renate Larkin	Bristol	renate.larkin@gmail.com	07816 778958	www.zipilates.com
Tracy Summers	Broadstone	tracysummerspilates@gmail.com	07833 625826	
Liz Nichols	Bristol	liznichols@hotmail.com	07780 677277	
Margo Singleton	Bath	margo.singleton@hotmail.co.uk	07939 994757	www.bathpilatesacademy.uk
Zoisa Holder	South Horrington, Somerset	info@zoisaholder.co.uk	07973 852 529	www.zoisaholder.co.uk
Cornwall & Devon				
Annette Nuttall	Exeter	annette.pilates@gmail.com	07598 120515	
Lauren Bannister	Taw Valley	lauren@tawvalleypilates.co.uk	01769 580618	www.tawvalleypilates.co.uk
Sally Parker	Bude	landmarksally@hotmail.com	07879 494455	www.parkerpilates.co.uk
Franny Morris	Totnes, Devon	frannymorris@nhs.net	07590 506027	
Cheshire, Lancs, Manchester, Merseyside				
Claire Maulkin	Blackpool	info@the-balance.co.uk	07599 659154	
Jo Hirst	Hoylake	hirstjo@hotmail.co.uk	07851 236031	
Louise Mercer	Warrington	louise@pilatesinwarrington.co.uk	07855 674247	www.pilatesinwarrington.co.uk
Louise Okill	Macclesfield	gawsworthpilates@gmail.com	07734 320209	
Myra Williams	Lytham St Annes	fyldecoastpilates@gmail.com	07920 527682	
Vanessa Hedge	Middlewich	vanessa.hedge@btinternet.com	07704 508028	
Andrew Hall	Merseyside	info@pilateswirral.co.uk	07984 000032	www.pilateswirral.co.uk
Debbie Lee	Willaston	willowpilates64@gmail.com	07786 554411	
Christina Tidmarsh	Warrington	pilateswithchristina@hotmail.co.uk	07870 146194	www.pilateswithchristina.co.uk
Cumbria				
Jill Cooper	Ambleside	jill@pilatesinthelakes.co.uk	01539 434405	www.pilatesinthelakes.co.uk
Cindy Clarke	Camforth	cindy@lakelandpilates.co.uk	01524 273974	www.lakelandpilates.co.uk
County Durham				
Sarah Wilkinson	Darlington	sarah@swpilates.co.uk	07818 858351	www.swpilates.co.uk
Janet Arnold	Durham	janetpilates@aol.com	07967 620670	

<u>Tyne & Wear</u>				
Hazel Hodgkiss	Whitley Bay & Morpeth, Northumb	enquiries@pilatesatthecoast.co.uk	0191 2971397	www.pilatesatthecoast.co.uk
<u>Yorkshire</u>				
Charlotte Cirell	Leeds	charlotte@charlottepilates.co.uk	07973 197367	www.charlottepilates.co.uk
Joanna Allerton	York	joallerton79@gmail.com	07778 051022	
Sarah Wilkinson	North Yorkshire	sarah@swpilates.co.uk	07818 858351	www.swpilates.co.uk
Tracey Prest	York	traceyprest@gmail.com	07789 990261	www.PilateswithTracey.co.uk
Sophie Redfern	York	sandsredfern@aol.com	07931 964114	
Kate Sellars	Kirk Deighton, Harrogate	k_sellars@hotmail.com	07944 517450	
Melissa Sweeney	Rotherham	rotherhamphysiocentre@gmail.com	01709 368805	www.rotherhamphysiocentre.co.uk
<u>SCOTLAND</u>				
Adele Cowan	Edinburgh	adele.gallacher1@btinternet.com	07793 050166	
Carol Milligan	South Ayrshire	carol@leaning.co.uk	07743 040995	
Claire Muir	Invermess	Claire@Pilatesinvermess.com	07778 575159	www.pilatesinvermess.com
Helen Stott	Forfar	helen@delfieldpilates.co.uk	07740 405789	www.delfieldpilates.co.uk
Jane Meek	Bishopbriggs	janemfr@tiscali.co.uk	07759 182236	
Jenny Tyler	Edinburgh	jennytylepilates@yahoo.co.uk	07584 091306	
Jolene Pinder	Ayrshire	jolenepinder@me.com	07768 909698	www.njoyopilates.co.uk
Lisa Niven	Edinburgh	lisa@thenivens.com	07876 370577	www.balancededinburgh.co.uk
Robert Fraser	Bridge of Allan	vivopilates@gmail.com	07703 486359	www.vivopilates.co.uk
Sabrina Simpson	Dundee	sabrina_faith@hotmail.com	07825 551107	www.pilatesdundee.co.uk
Susie Alexander	Edinburgh	susie_m_alexander@yahoo.co.uk	07796 055969	
Christina Templeman	Edinburgh	christina.anderson13@gmail.com	07758 228853	
Jennifer Burgess	Aberdeen	jenburgess73@gmail.com	07989 582889	
Jyoti Sigouin	Edinburgh	info@jyotipilates.co.uk	07799 061407	www.jyotipilates.co.uk
Kirsty Kemp	Ayr	goepilates@gmail.com	07590 985545	
Kirsty Thomson	Stirlingshire	mail@kirstythomsonpilates.com	07769 565193	www.kirstythomsonpilates.com
Lorna Cochrane	Glasgow	lornacochrane516@btinternet.com	07703 527017	www.otagostreetpilates.com
Emily McDonald	Edinburgh	emilymcd01@hotmail.co.uk	07764 581075	
Fiona McKay	Irvine	fionamckayfkmfitness@gmail.com	07920 103423	
Josie Malcolm	Edinburgh	josie@duntrune.com	07763 380500	
Melanie Fearon	Perth	fearon1@hotmail.com	07710 074666	
Vanessa Dorward	Gourdon	livepilateswithvanessa@outlook.com	07446 567834	
William McIntosh	Glasgow	williemac.justdopilates@gmail.com	07733 406 464	
Carles Martinez-Perez	Peebles	carles@carlesmartinez.scot	07854 192 476	www.carlesmartinez.scot
Gillian Moultrie	Troon, Ayrshire	gillianmoultrie@aol.com	07763 967 475	
<u>NORTHERN IRELAND</u>				
Anna Jackson	Ballyclare	anna@walkmill.net	07876 203852	
Debbie Matchett	Belfast	info@physioworksni.co.uk	02890 702002	www.physioworksni.co.uk
Lucille Cassidy	Glenavy	cassidyucille@gmail.com	07793 014970	
Ailyn Somerville	Belfast	alyn84@hotmail.co.uk		
Kathryn Drake	Belfast	kathryndrake10@outlook.com	07738 094 452	
<u>WALES</u>				
Angie Masterson	Anglesey	mail2angie@btinternet.com	07740 902125	
Caroline Mouncher	Cardiff	robert.caroline.mouncher@ntlworld.com	02920 813696	www.movement-connects.com
Rob Mouncher	Cardiff	robert.caroline.mouncher@ntlworld.com	02920 813696	www.movement-connects.com
<u>FRANCE</u>				
Mhairie Boyne	Paris	mkboyne@btinternet.com	00336 2990 7027	
Lisa Bailey	Antibes	billandlisabailey@yahoo.com	33 (0)68629 8842	
<u>MALTA</u>				
Barbara Czerniszewska	Sliema	puchatek131@hotmail.com	+356 9905 4913	
<u>TRINIDAD</u>				
Madeleine Miller	Port of Spain	madsmiller100@yahoo.co.uk		