

**September – October 2014**  
**TASTER WEEK & GROUP CLASS SCHEDULE**  
 w/c 8th Sep – w/c 20th Oct (inc)

**PILATES TASTER WEEK IS BACK!**  
**8TH-12TH SEPTEMBER**



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Pilates Taster Week is your chance to try some new classes. During Taster Week all classes can be booked on a one-off basis at special prices. There are classes to suit every level. If you have been to Matwork classes why not give our Reformer Classes a try!

**CLASS PRICES**

All Matwork Classes .....	£8
All Reformer Classes .....	£12
Advanced Matwork Workout Class .....	£12
Pre and Postnatal Class .....	£12
Body Control Pilates Student Mat Class .....	£6

Why not try a private session during Taster Week for £45 (normally £60)  
 For new 1-1 clients only.

**NEW 6 WEEK BLOCK OF CLASSES**  
**EARLY BIRD OFFER!**

**NEW 6 WEEK BLOCK OF CLASSES**

Following Taster Week our new block of classes will begin **w/c 15th September – w/c 20th October 2014**. If you book your place on the block before Friday 12th September you can gain **15% Discount on your booking!**

**PRICES FOR THE BLOCK**

IF BOOKED BEFORE FRIDAY 12TH SEPTEMBER 2014		STANDARD:
Lunchtime Matwork Class .....	£61	£72
Lunchtime Reformer Class .....	£71	£84
Evening Mat Class .....	£71	£84
Evening Reformer Class .....	£87	£102
Advanced Mat Workout Class .....	£87	£102
Pre and Postnatal Pilates Class .....	£71	£84
Body Control Pilates Student Mat Class .....	£41	£48

**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 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!

**HEALTHY BACKS**

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.

**NEW! ADVANCED MAT WORKOUT**

Master Mat teacher Carmela will give you a challenging workout in this new Matwork class, based in the Reformer Studio. The class will include advanced Classical exercises with variation and incorporate the bench, box and small equipment. 8 max.

**REFORMER CLASSES**

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.

**PILATES CIRCUIT CLASS**

This challenging Matwork Circuit class uses Pilates small equipment. The circuits will include foam rollers, toning circles, arcs, balls and bands. This flowing and dynamic class will give you a great workout!

**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.

**STUDIO SESSIONS**

Studio Sessions are a popular and cost effective 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 your own workout with the added benefit of supervision. Studio sessions are 1 hour in duration and by appointment only. If you are new to studio sessions, please book into a studio induction.

# September – October 2014

## TASTER WEEK & GROUP CLASS SCHEDULE

w/c 8th Sep – w/c 20th Oct (inc)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7.45–8.30am		Student Class with Simon FOR BCP STUDENTS		
8.00am–11.00am		Studio Sessions		
12.15–1.00pm	Dynamic Pilates with Kate INTERMEDIATE		Core Pilates with Sarah BEGINNER / INTERMEDIATE	Core Pilates with Paul BEGINNER
	Reformer with Sarah BEGINNER		Intro to Pilates with Lesley STARTER	Reformer with Katherine BEGINNER / INTERMEDIATE
1.00–1.45pm	Reformer with Sarah BEGINNER / INTERMEDIATE		Healthy Backs Class with Lesley	Reformer with Katherine INTERMEDIATE / ADVANCED
	Core Pilates with Kate BEGINNER		Pre and Postnatal Pilates with Sarah	Student Class with Paul FOR BCP STUDENTS
5.30–6.30pm		Reformer with Carmela INTERMEDIATE / ADVANCED	Student Class with Dawn FOR BCP STUDENTS	Reformer with Carmela BEGINNER / INTERMEDIATE
6.00–7.00pm	Core Pilates with Charlie Kelly BEGINNER	Intro to Pilates with Heather STARTER	Core Pilates with Matthew INTERMEDIATE / ADVANCED	Dynamic Pilates with Jo BEGINNER / INTERMEDIATE
	Core Pilates with Jo BEGINNER / INTERMEDIATE	Healthy Backs with Suzi	Reformer with Annie BEGINNER	
	Reformer with Simon INTERMEDIATE			
6.30–7.30pm		Reformer with Carmela ADVANCED	Core Pilates with Angela INTERMEDIATE <b>NEW!</b>	Core Pilates with Simon BEGINNER
				Adv. Workout with Carmela ADVANCED <b>NEW!</b>
7.00–8.00pm	Reformer with Simon BEGINNER	Pilates Circuit with Suzi INTERMEDIATE	Healthy Backs Class with Annie	Student Class with Jo FOR BCP STUDENTS
	Intro to Pilates with Charlie Kelly STARTER	Core Pilates with Heather BEGINNER / INTERMEDIATE	Reformer with Matthew INTERMEDIATE	
	Dynamic Pilates with Jo INTERMEDIATE			

Body Control Pilates is Europe's foremost Pilates Organisation. Our method can work for everyone regardless of fitness level. We teach good movement skills step by step, which ultimately give you strength and flexibility.

Classes are Mat or Reformer based and are at all levels from Starter through to Advanced. Our Matwork classes include Intro To Pilates, Core Pilates, Dynamic Pilates, Pilates Circuit and Healthy Back Classes. Our class sizes are small and limited to 12 for Matwork, 10 for Healthy Backs, 9 for Reformer and 8 for Advanced Matwork

To get the most out of your workout, it is important to ensure you are working at the right level. If you are new to Pilates, we suggest you join an 'Intro to Pilates' class. You should have some Matwork experience before joining the Beginner Reformer Class.

We also offer 1-1 and Duet Sessions with our teachers. Prices available on request.

If you have any questions about which level or class is right for you, please give us a call on 0207 636 8900 or email us at [info@bodycontrol.co.uk](mailto:info@bodycontrol.co.uk) and we will be happy to help.



- Starter
- Beginner
- Beginner / Intermediate
- Intermediate
- Student Class
- Intermediate / Advanced
- Advanced
- Healthy Backs
- Studio Session
- Pre and Postnatal pilates