

BODY CONTROL PILATES FOR GOLFERS				
SPECIALIST TEACHERS				
Issue: 19th Sept 2023				
	Nearest Town / Location	Email	Telephone	Website
Greater London				
Linda Segerstam	Kingston upon Thames	linda@theintelligentcore.com	07930 666 893	www.theintelligentcorepilates.com
Marie Failenet	Putney	mariepinson@yahoo.com	07825 743 113	
Tara Osher (nee: Stoll)	Edgware	ukfitnesstrainer@yahoo.co.uk	07956 895 764	
Jo Hatherley	Pinner	jo@totalprecisionpilates.com	07900 247 352	www.totalprecisionpilates.com
Cheryl Liss	W6 & WC1	cheryl_liss@hotmail.com	07906 309 409	
Nadiya Hrytsyn	North West London	hrytsyn.n.o@gmail.com	07891 641 851	
Elizabeth Lavarini	North London	pilatesbodysculptureinfo@gmail.com	07809 676 122	www.pilatesbodysculpture.co.uk
Richard Norrington	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 Barnikova	Chiswick	cibapilates@gmail.com	07878 233 123	
Sue Kotz	Kensington	skotze@email.com	07799 627 275	www.pilates-experience.co.uk
Perihan Sadovski	North West London	perihan@allpilates.co.uk	07906 750 026	www.allpilates.co.uk
Pippa Pilkington	South West London	pilates4life@blueyonder.co.uk	0208 748 0148 / 07721 034 290	
Karen Surtees	Barnet	karensurtees@icloud.com	07791 308 373	www.barnetpilates.co.uk
Aileen Coleman	Bromley	pilatesatyourpace@gmail.com	07989 302 657	www.pilatesatyourpace.com
Shivani Kalra	Harrow	shivani@pilatesbyshivani.com	07930 560 610	
Tracey Davis	Twickenham	pilatesaligneduk@gmail.com	07469 882 257	www.pilatesaligned.co.uk
Jenny Brown	South Croydon	jenny@pilatesmovement.co.uk	07855 408 973	www.pilatesmovement.co.uk
Sophie Compton Carr	Crystal Palace	sophiespilates1@gmail.com	07799 358 771	www.sophiespilates.com
Candida Mead	SW London	info@integratedpilates.co.uk	07766 683 700	www.integratedpilates.co.uk
Yumi Iwasa	London	yumi103iwasa@gmail.com	07900 541 721	
Shanie Richardson	Hackbridge, South West London	info@pilates2you.co.uk	07899 990 733	www.pilates2you.co.uk
Christine Evans	South West London	christine@inmotionpilates.co.uk	07770 210 607	www.inmotionpilates.co.uk
Jazzi Craddock	Barnet	jazzipilates@yahoo.co.uk	07792 090 689	www.jazzipilates.com
Kent				
Fiona Steadman	Beckenham	fiona@steadfam.net	07954 027 892	
Julie Herpe	Orpington	pilateswithjulie@rocketmail.com	07957 208 580	www.pilateswithjulie.co.uk
Rondaa Brown	Tonbridge	rondaa_b@hotmail.co.uk	07789 811 094	
Cheryl Stubbs	Headcorn	c.stubbs8@btinternet.com	07852 602 369	www.hnhc.org/pilates-2/
Gail Biggins	Swanley & Eynsford	discoverpilates@hotmail.co.uk	07398 175 106	www.discover-pilates.co.uk
Nikki Harlow	Broadstairs	nikkiharlowpilates@gmail.com	07889 618 868	www.nikkiharlowpilates.com
Farida Keen	Ashford	info@faridakeenpilates.com	07976 760 251	
Bromley				
Amanda Jagger	Chislehurst	mail@amandajagger.com	07789 000 748	www.pilates4.com
Surrey				
Linda Segerstam	Kingston upon Thames	info@theintelligentcore.com	07930 666 893	www.theintelligentcorepilates.com
Paul Andrews	Epsom	paul@corevaluespilates.co.uk	07852 914 879	www.corevaluespilates.co.uk
Sarah Wilford	Cranleigh	sarahw321@hotmail.co.uk	07932 159133	www.sarahwilford.com
Sharon Newman	Epsom	snpilates@gmail.com	0208 393 3970	www.pilates-for-life.co.uk
Shirley Millington	Chobham & Bagshot	leomilli@hotmail.com	01276 472 399	
Linda Ward	Worcester Park	info@newstartpilates.co.uk	07720 598 228	www.NewStartPilates.co.uk
Tania Turner	Caterham & Oxted	taniaturner91@gmail.com	07793 908 442	
Lyane Junor	Leatherhead	lyane@thejunors.co.uk	07905 715 236	
Alison Joyce	Banstead & Reigate	alison@bansteadpilates.co.uk	01737 361 524 / 07702 521	www.bansteadpilates.co.uk
Kate Genziani	Farnham	kate.genziani@btopenworld.com	01252 792 605 / 07788 724 396	
Sue Kotz	Weybridge	skotze@email.com	07799 627 275	www.pilates-experience.co.uk
Heidi Monsen	Godalming	heidi@heidimonsen.co.uk	01483 301 561	www.pilatesguildford.co.uk
Sarah Mezzetti	Guildford	sarahmezzetti@hotmail.com	07748 077 967	
Sam Bailey	Coulsdon	sam@ashcroftpilates.co.uk	07790 715 249	www.ashcroftpilates.co.uk
Sussex				
Alison Mulford	Newick, East Sussex	amulford@kalsgroup.com	07841 212 718	
Charlie Kelly	Chichester, West Sussex	info@studio-life.co.uk	07961 191 976	www.studio-life.co.uk
Sarah Crook	Brighton	sarahcrook21@me.com	07887 565 663	www.pilates-onthehill.co.uk
Home Counties (Berks, Bucks, Beds, Herts)				
Amanda Pountney	Harpenden	amandapountney@hotmail.com	07834 373 021	www.thepilatesworkshop.co.uk
Gylly Rutherford	Reading, Berkshire	gylly@pilateswithgylly.co.uk	07710 417 486	www.pilateswithgylly.co.uk
Julie Kimber	Tewin	juleskimber@tewinpilates.com	07788 648 438	www.tewinpilates.com
Louisa Harris	Stoke Hammond	louisa.pilates@gmail.com	07941 203 589	www.louisaharrisilates.co.uk
Margaret Brabrook	Arlesey	mabrabrook@hotmail.com	07752 769 248	www.pilatesforyou.co.uk
Martyn Webber	High Wycombe & Marlow	martynwebber@hotmail.co.uk	07941 062 464	
Olga Adamska	St. Albans	olga@intelligentpilates.uk.com	07814 348 656	www.intelligentpilates.co.uk
Ro Jameson	Much Hadham	ro@perfectfitpilates.com	07801 442 475	www.perfectfitpilates.com
Sue Arkle	Marlow & High Wycombe	saarkle@yahoo.co.uk	07732 789 690	
Julie Clement	Harpenden	julieclementpilates@gmail.com	07801 967 369	www.clementpilates.co.uk
Mel Doran	Thattham, Berks	meriel58@yahoo.com	07788 586 302	
Christine Austin	Potters Bar, Hatfield & Hertford	christineaustin555@msn.com	07944 396 901	
Georgia Brown	Amersham	georgiabrownpilates@gmail.com	07818 098 858	www.georgiabrownpilates@gmail.com
Edyta Grigg	Reading, Berkshire	info@berkshirpilates.co.uk	07788 151 917	www.berkshirpilates.co.uk
Cat Hyde	Beaconsfield, Buckinghamshire	cat@olivetreepilates.com	07957 763 415	www.olivetreepilates.com
Shashin Gajjar - Body Tone Pilates	Hitchin & Letchworth Garden City	bodytone1@outlook.com	07963 232 666	www.bodytonepilates.co.uk
Hilary Tucker	Hitchin, Hertfordshire	hilarytucker@virginmedia.com	07714 095 266	
Alyth Black	Twyford & Sonning Common, Berkshire	alyth@pilatesabc.co.uk	07521 699 265	www.pilatesabc.co.uk
Fiona Foster	Broxbourne, Herts	pilateslodge@gmail.com	07836 507 052	www.pilateslodge.com
Lisa Taylor	Dunstable, Beds	lisajmoore@mac.com	07950 584 984	www.thepilateshouse.co.uk
Angella Wagner	Tring & Aston Clinton	angella@thepilateshouse.co.uk	01296 630 029	www.thepilateshouse.co.uk

Julia Crossman	Aston, Stevenage	pilateswithjuliacrossman@gmail.com	07812 078 967	www.pilateswithjulia.com
Essex				
Joanna Hockey	Colchester	joannahockey@gmail.com	07979 421 332	www.pilatesandpersonaltraining.com
Joanne Thomas	Chelmsford	pilateswrittle@gmail.com	07779 632 691	
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
Bethany Cutbush (nee: May)	Chelmsford	balancewithbethany@gmail.com	07989 424 131	
Tracey Davidson	Saffron Walden	traceydavidsonpilates@outlook.com	07763 475 287	www.traceydavidsonpilates.com
Jan Crawley	Quendon	jcrawley01@me.com	07742 182 272	
Cambridgeshire				
Alison Wareham	Cambridge	alison.wareham1@btinternet.com	07759 027 451	
Sue King	Huntingdon, Cambridgeshire	sue@funb.co.uk	07760 222 838	
East Anglia (Suffolk, Norfolk)				
Liz Davis	Holt, Norfolk	lizdavis.pilates@btinternet.com	07716 116 801	www.pilatesinnorfolk.co.uk
Jenny Pooley	Kersey, Suffolk	info@pilatesworks4u.com	07855 394 703	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	
Abigail Darke	Ufford Park, Woodbridge	abi@bestpilates.co.uk	07715 575 058	www.bestpilates.co.uk
Amanda Cooper	Diss & Bressingham	amandapilatesnorfolk@gmail.com	07557 025 513	www.amandapilates.com
Sally Doyle	Bury St Edmunds, Suffolk	sallydoylepilates@gmail.com	07392 087 171	www.sallydoylepilates.co.uk
Trina Hollis	Ipswich, Suffolk	trina_phelps@yahoo.co.uk	01473 252 107	
Derbyshire, Staffs, Herefordshire, Shropshire, Worcestershire				
Emma Wollaston	Burton-on-Trent & Sutton Coldfield	emmawollaston@hotmail.com	07974 145 055	www.ewpilates.co.uk
Louise Stafford	Towcester	louise@towcesterpilates.com	07747 774 023	www.towcesterpilates.com
Siobhan Gray	Stafford	info@brewoodpilates.co.uk	07875 082 411	www.brewoodpilates.co.uk
Victoria Westall-Eyre	Bakewell	parsonagecroft@gmail.com	07773 703 357	www.pilatestart.co.uk
Alison Petitjean	Denstone, Staffs	alison0961@gmail.com	07412 271 792	
Ursula Pearson	Upton Upon Severn	info@pearsonpilates.co.uk	07804 576 236	www.pearsonpilates.co.uk
Lisa Ozcan	Rickmansworth, Hertfordshire	pilatesbylisa.uk@gmail.com	07967 827 607	www.pilatesbylisa.co.uk
Leicestershire				
Helen Benton	Smeeton, Westerby	helen.benton@hotmail.com	07855 478 143	
Lincolnshire				
Olivia Walmsley	Stamford	omwpilates@gmail.com	07792 012 248	www.omwpilates.co.uk
Debbie Lynn	Lincoln	pilates4u@ntlworld.com	01522 530 194	
Warwickshire				
Katey Quinn	Nuneaton	Back2backpilates@googlemail.com	07887 895 022	
Midlands (East & West), Northants				
Flo Batt	Burrough on the Hill	flo.batt@icloud.com		
Helen Stewart	Newark	feelgoodpilates@mail.com	07973 338 232	www.fgpilates.co.uk
Jennifer Bird	Wythall	jennyjanebird@gmail.com	07968 363 529	www.thepilatesgym.co.uk
Justine Rogers	Dudley & Stourbridge	enquiries@justinepilates.co.uk	07970 244 638	www.justinepilates.co.uk
Gloucestershire, Oxfordshire & Wiltshire				
Caroline Hope-Hawkins	Banbury, Oxon	caroline@hhpilates.com	07734 904 193	www.hhpilates.com
Christine Douglas	Lydney	christine@corecontrolpilates.com	07833 907 839	www.corecontrolpilates.com
Lindsay Hilton	Tetbury	info@lindsayhilton.co.uk	07768 191 262	www.lindsayhilton.co.uk
Kate Veakins	Melksham	kate@abelpilates.co.uk	07957 313 109	www.abelpilates.co.uk
Hampshire & Isle of Wight				
Sally Hogg	Arlesford	sallyhogg@btinternet.com	07771 522 665	www.alresfordpilates.co.uk
Sarah Ratcliffe	Romsey	sarah@corecondition.co.uk	07747 792 615	
Michelle Baker	Winchester	michelle@pilateswithmichelle.co.uk	07917 138 552	www.pilateswithmichelle.co.uk
Jill Hanna	Winchester	move@jillhannapilates.com	07812 347 651	www.jillhannapilates.com
Samantha Parsons	Winchester	sam@cadenzapilates.co.uk	07792 465 452	www.cadenzapilates.co.uk
Karen Dwight	Waterlooville	hampshirepilates@gmail.com	07811 064 707	www.pilatesutor.co.uk
Joanna Horsford	Hants	jojopilates@outlook.com	07775 978 380	
Wendy Gill	Basingstoke & Reading	wendygill44@yahoo.co.uk	07961 102 535	
Martha Cook	Winchester	marthacook76@gmail.com	07855 498 834	
Belinda Ray	Liss	belindaray@icloud.com	07476 810 982	
Camilla Anderson	Winchester	camilla@pilatesthroughlife.com	07887 886 345	
Lesley Norris	Stubbington	pilateswithlesley@gmail.co.uk	07505 119 745	www.lesleypilates.co.uk
Julie Nevile	Hook & Alton	julie.nevile@gmail.com	07791 646 789	
Annabel Holley	Rotherwick, Hampshire	info@annabelpilates.co.uk	07799 416 005	www.annabelpilates.co.uk
Dorset & Somerset				
Gail Hillier	Broadstone	gailhillier@yahoo.com	07970 618 121	
Theresa Cooper	Wimborne	mtcooper.pilates@hotmail.com	07786 022 711	
Renate Larkin	Bristol	renate.larkin@gmail.com	07816 778 958	
Tracy Summers	Broadstone	tracysummerspilates@gmail.com	07833 625 826	
Margo Singleton	Bath	margo@wellbeingwithmargo.com	07939 994 757	www.wellbeingwithmargo.com
Zoisa Holder	South Horrington, Somerset	info@zoisaholder.co.uk	07973 852 529	www.zoisaholder.co.uk
Sally Kirkman	Bridport, Dorset	pilates@kirkmans.net	07539 441 928	
Andrew Watson	Bath	aimspilates@icloud.com	07967 134 586	www.aimspilates.com
Cornwall & Devon				
Annette Nuttall	Exeter	annette.pilates@gmail.com	07598 120 515	www.pilateswithannette.co.uk
Lauren Bannister	Taw Valley	info@tawvalleypilates.co.uk	01769 580 618	www.tawvalleypilates.co.uk

Sally Parker	Bude & Meddon	landmarksally@hotmail.com	07879 494 455	www.parkerpilates.co.uk
Julie Wells	Kingsbridge, Devon	juliehelenwells@icloud.com	07760 764 038	www.fitoverfiftywomen.com
Marina Huxley	Truro	info@marinahuxleypilates.com	07852 429 555	www.marinahuxleypilates.com
Cheshire, Lancs, Manchester, Merseyside				
Claire Maulkin	Blackpool	info@the-balance.co.uk	07599 659 154	
Vanessa Hedge	Middlewich	vanessa.hedge@btinternet.com	07704 508 028	
Andrew Hall	Merseyside	info@pilateswirral.co.uk	07984 000 032	www.pilateswirral.co.uk
Christina Tidmarsh	Warrington	pilateswithchristina@hotmail.co.uk	07870 146 194	www.pilateswithchristina.co.uk
Holly Thrower	Nether Alderley, Cheshire & Manchester	holly@hollythrower.com	07708 536 998	www.hollythrowerpilates.com
Juliette Watkins	Oldham	juliette@highperformancestudio.co.uk	07973 383 103	www.highperformancepilates.co.uk
Keely McIntosh	Nether Alderley & Mobberley	keely@attheorchard.co.uk	07718 637 115	www.attheorchard.co.uk
Sue Napier	Uppermill, Oldham	suenapier@uwclub.net	07929 528 847	www.suenapierpilates.co.uk
Trudie Webster	Poulton-le-Fylde & Blackpool	pilateswithtrudie@gmail.com	07869 318 512	www.pilateswithtrudie.co.uk
Amanda Hall	Wirral, Merseyside	mandyhallpilates@gmail.com		
Charlotte Hodges	Knutsford	paragonpilates@outlook.com	07795 841 180	www.paragon-pilates.co.uk
Cumbria				
Cindy Clarke	Carnforth	cindy@lakelandpilates.co.uk	01524 273 974	www.lakelandpilates.co.uk
County Durham				
Sarah Wilkinson	Darlington & Durham	info@pilatesbeyond.co.uk	07818 858 351	www.pilatesbeyond.co.uk
Northumberland				
Tricia Ranson	Berwick Upon Tweed	tricia.ranson@hotmail.co.uk	07857 227 694	
Yorkshire				
Charlotte Cirell	Leeds	charlotte@charlottepilates.co.uk	07973 197 367	www.charlottepilates.co.uk
Sarah Wilkinson	North Yorkshire	info@pilatesbeyond.co.uk	07818 858 351	www.pilatesbeyond.co.uk
Tracey Prest	York	traceyprest@gmail.com	07789 990 261	www.PilateswithTracey.co.uk
Sophie Redfern	York	sandsredfern@aol.com	07931 964 114	www.pocklingtonpilates.co.uk
Kate Sellars	Wetherby & Kirk Deighton	k_sellars@hotmail.com	07944 517 450	www.pilatesinyorkshire.co.uk
Andrea Chambers	Haxby & Gillygate	andrea.c.pilates@gmail.com	07522 709 665	
Sarah Thacker	Doncaster, South Yorkshire	sarah.thacker@whiterosepilates.co.uk	07483 861 163	www.whiterosepilates.co.uk
Joanne Benzies	Yarm, North Yorkshire	joanne.benzies@gmail.com	07709 418 294	
Dawn Lockley	Crosspool, Crookes & Fulwood - Sheffield	dmlockley@hotmail.com	07818 665 083	www.thepilateszone.co.uk
SCOTLAND				
Adele Cowan	Edinburgh	adele.gallacher1@btinternet.com	07793 050 166	
Claire Muir	Inverness	claire@pilatesinverness.com	07778 575 159	www.pilatesinverness.com
Helen Stott	Forfar	helen@delfieldpilates.co.uk	07740 405 789	www.delfieldpilates.co.uk
Jane Meek	Glasgow	janemeeek@gmail.com	07759 182 236	
Jenny Tyler	Edinburgh	jennytylerpilates@yahoo.co.uk	07584 091 306	
Lisa Niven	Galashiels, Selkirkshire	lisa@thenivens.com	07876 370 577	
Jennifer Burgess	Aberdeen	jenburgess73@gmail.com	07989 582 889	
Jyoti Sigouin	Edinburgh	info@jyotipilates.co.uk	07799 061 407	www.jyotipilates.co.uk
Kirsty Kemp	Ayr	goepilates@gmail.com	07590 985 545	
Kirsty Thomson	Stirlingshire	mail@kirstythomsonpilates.com	07769 565 193	www.kirstythomsonpilates.com
Lorna Cochrane	Glasgow	lornacochrane516@btinternet.com	07703 527 017	www.otagostreetpilates.com
Vanessa Dorward	Gourdon / Arbroath	livepilateswithvanessa@outlook.com	07446 567 834	
Gillian Moultrie	Troon, Ayrshire	gillianmoultrie@aol.com	07763 967 475	
Carol West	Gardenstown, Aberdeenshire	carolw.osteo@hotmail.co.uk	01261 839 139	www.gamrieosteopath.co.uk
Cathryn Cotterill	Highlands	cathryncotterill01@gmail.com	07522 241 728	www.pilateswithcathryn.com
Cathy Biggar	Nairn	cathybiggarpilates@gmail.com	07792 326 393	www.cathybiggar.co.uk
Johanne McBean	Dingwall	blackislepilates@gmail.com	07971 999 007	www.pilatesinverness.com
Julie Roberts	Edinburgh	hello@ostarapilates.com	07970 348 144	www.ostarapilates.com
Paula Hepburn	Aberdeen	paulah894@googlemail.com	07494 826 371	
Paul Moultrie	Troon, Ayrshire	paul.moultrie@aol.com	07447 776 700	
Claire Nicol	Cullen, Buckie	clairedenton27@gmail.com	07493 138 561	
Alison Bryce	Edinburgh	alisongray@yahoo.co.uk	07525 172 100	
Jane Tracy	Glasgow	pilateswithjane@hotmail.com	07594 293 772	
Emilia Prus	Auchterarder	hello@bouncebody.co.uk	07960 438 146	www.bouncebody.co.uk
NORTHERN IRELAND				
Anna Jackson	Ballyclare, Co Antrim	anna@walkmill.net	07876 203 852	
Debbie Matchett	Belfast	info@physioworksni.co.uk	02890 702 002	www.physioworksni.co.uk
Kathryn Drake	Belfast	kathryndrake10@outlook.com	07738 094 452	
IRELAND				
Alicia Cabrera Pombo	Dublin	hello@acpilates.org	07738 660 512	www.acpilates.org
WALES				
Angie Masterson	Anglesey	mail2angie@btinternet.com	07740 902 125	
Caroline Moucher	Cardiff	robert.caroline.moucher@ntworld.com	02920 813 696	www.movement-connects.com
Rob Moucher	Cardiff	robert.caroline.moucher@ntworld.com	02920 813 696	www.movement-connects.com
FRANCE				
Lisa Bailey	Antibes	billandlisabailey@yahoo.com	33 (0) 686 298 842	
Karen Jackman	Morillon	jackers4@fastmail.fm	33 (0) 643 853 359	
Morne Peacock	Rochechouart, Haute Vienne & Dordogne	morne@peacockpilates.eu	33 (0) 673 350 711	www.peacockpilates.eu
DENMARK				
Louise Breinholt	Copenhagen	louiseb82@youmail.dk	45 26143652	
PORTUGAL				

Jenna Reece	Portugal	jennarecepilates@outlook.com	07730 599 275	www.jennarecepilates.co.uk
<u>POLAND</u>				
Barbara Anna Czerniszewska	Goscino, Poland	b.czerniszewska@icloud.com	48 691 604 124	
<u>TRINIDAD</u>				
Madeleine Miller	Port of Spain	madsmiller100@yahoo.co.uk		
<u>MAURITIUS</u>				
Joanne Hunter	Bel Ombre	jmhunter@hotmail.co.uk	230 5713 1704	
Alison Whitfield	Grand Baie	whitfield_ali@yahoo.com.au	230 58381466	
<u>OMAN</u>				
Adriana Skaloud	Oman	skaloud@yahoo.com	968 921 20 383	
<u>QATAR</u>				
Eleanor Adamson	Doha	elypilates@gmail.com	974 555 29 464	
Isabelle Williamson	Doha	isa_133@hotmail.com	974 5040 9703	
Michelle Smith	Doha	mshell35@hotmail.com	974 5584 4589	
<u>BARBADOS</u>				
Fiona McKay	St.Peter	fionamckayfkmfitness@gmail.com	1 246 8457182	
<u>DUBAI</u>				
Matt Marney	Marina Residence the Palm as area	mattmarneyfitness@outlook.com	971 055 358 9103	www.mattmarneyfitness.co.uk