

Pilates Classes at The Body Control Pilates Centre

Pilates Classes at The Body Control Pilates Centre September – December
Tuesday Reformer Classes with Valentina
12pm – 12.45pm Beginner/Intermediate Reformer £20
1pm – 1.45pm Intermediate Reformer £20
Running on all Tuesdays in September - December (not Reformer on 29/10)
9 Max
Wednesday Reformer Classes with Jacquie
12pm – 12.45pm Beginner/Intermediate Level Reformer £20
1pm – 1.45pm Intermediate Level Reformer £20
Running on all Wednesdays in September – December (not Reformer 30/10)
9 Max
Thursday Matwork Classes with Hayley
12pm – 12.45pm Student Matwork Class £10
1pm – 1.45pm Beginner/Intermediate Mat Pilates £12
Running all Thursdays in September - December
10 max
SPECIAL! Tuesday 29th October Matwork Classes with Valentina
12pm – 12.45pm Small Equipment Class £14
1pm – 1.45pm Foam Roller Class £14
SPECIAL! Wednesday 30th October Matwork Classes with Jacquie
12pm – 12.45pm Small Equipment Class £14
1pm – 1.45pm Foam Roller Class £14

Mat Pilates - You will develop your Pilates technique and skills by means of a safe, balanced, effective, total body workout – with particular focus on your core. Uses small equipment.

Reformer Pilates - 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 on The Reformer. You should be at least Beginner/Intermediate Matwork level to join Reformer classes.

Small equipment Class -This mat class includes small equipment to add variations to exercises, includes Toning Circles, stretch bands and small weights. Suitable for all levels.

Foam Roller Class Release your tight shoulders, open stiff hips and move your spine. This class will leave you feeling re-energized and massaged, calm and lengthened out. Suitable for all levels.

To book call us on 0207 636 8900 or email info@bodycontrolpilates.com

