

Pilates Classes at The Body Control Pilates Centre

Pilates Classes at The Body Control Pilates Centre until March 2025
Tuesday Reformer Classes with Valentina
12pm – 12.45pm Beginner Reformer £20
1pm – 1.45pm Intermediate Reformer £20
Running on all Tuesdays (except 18 th Feb see class below)
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 (except 19 th Feb)
9 Max
SPECIAL! Wednesday Tower Classes with Jacquie
2.15pm – 3pm Intermediate £20
On Weds 29 th Jan, Weds 26 th Feb & Weds 26 th March
8 Max
SPECIAL! Wednesday Jump Board Classes with Jacquie
2pm – 2.45pm Intermediate £20
On Weds 22 nd Jan , Weds 12 th Feb & Weds 12 th March
8 Max
Thursday Matwork Classes with Hayley
12pm – 12.45pm Small Equipment class (all levels) £12
1pm – 1.45pm Beginner/Intermediate Mat Pilates £12
Running all Thursdays
10 max
SPECIAL! Tuesday 18th February Mat Classes with Valentina
12pm – 12.45pm Small Equipment Class £14
1pm – 1.45pm Foam Roller Class £14
10 max

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.

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.

Reformer Jump Board Class - This Reformer class incorporates the jump-board and adds a variety of cardio exercises to your Pilates workout! Reformer experience needed. Intermediate Level.

Foam Roller 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.

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



