

## Pilates Classes at The Body Control Pilates Centre

Pilates Classes at The Body Control Pilates Centre November 2024 – March 2025
<b>Tuesday Reformer Classes with Valentina</b>
12pm – 12.45pm Beginner/Intermediate Reformer £20 (Beginner from Jan!)
1pm – 1.45pm Intermediate Reformer £20
Running on all Tuesdays (except 18 <sup>th</sup> Feb see class below)
9 Max
<b>Wednesday Reformer Classes with Jacquie</b>
12pm – 12.45pm Beginner/Intermediate Level Reformer £20
1pm – 1.45pm Intermediate Level Reformer £20
Running on all Wednesdays (except 19 <sup>th</sup> Feb)
9 Max
<b>Thursday Matwork Classes with Hayley</b>
12pm – 12.45pm Small Equipment class ( all levels) £12
1pm – 1.45pm Beginner/Intermediate Mat Pilates £12
Running all Thursdays up to 19 <sup>th</sup> Dec ( Jan dates tbc)
10 max
<b>SPECIAL! Tuesday 18th February Mat Classes with Valentina</b>
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.

**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](mailto:info@bodycontrolpilates.com)**

