

CLASS TIMETABLE

Tuesday

09:00 - 10:00 Intermediate Modified Pilates*
10:15 - 11:15 Beginners Modified Pilates*
11:30 - 12:30 Beginners Modified Pilates*
13:00 - 14:00 Lower Limb Strength and Stability
14:15 - 15:15 Balance and Flexibility
16:45 - 17:45 Fitness for the over 50s
18:00 - 19:00 Intermediate Modified Pilates*

Wednesday

08:45 - 09:45 Beginners Modified Pilates*
10:00 - 11:00 Fitness for the over 50s
11:15 - 12:15 Balance and Flexibility
16:30 - 17:30 Intermediate Modified Pilates*
17:45 - 18:45 Intermediate Modified Pilates*

Thursday

08:45 - 09:45 Beginners Modified Pilates*
10:00 - 11:00 Fitness for the over 50s
11:15 - 12:15 Balance and Flexibility

Friday

08:45 - 09:45 Beginners Modified Pilates*
10:00 - 11:00 Introduction to Pilates (Fortnightly)
11:15 - 12:15 Intermediate Modified Pilates*

PRICES

All classes are £8 per session with the exception of Modified Pilates which is £12 per session.

You can now book your classes online at horderhealthcare.co.uk where you will also find further information and up to date class times.

DETAILS

*6 week block booking required. Please be aware that before commencing the Beginner's class you will be required to attend an Introduction to Pilates.

TO BOOK: CALL **01323 810 926** OR
VISIT **HORDERHEALTHCARE.CO.UK**

Class times and prices
correct at time of print
01/01/2019

Class Descriptions

Balance and Flexibility

A class for people who want to improve their balance, mobility and strength needed for performing their everyday activities. The class provides a calm and relaxing atmosphere and allows for a bit of fun while you exercise!

Modified Pilates

(Beginners and Intermediate)
Designed by Physiotherapists who took the original exercises and modified them to become a safe and effective way of exercising for people with low back pain injuries, as well as people who are beginners and simply wish to learn Pilates in a safe and correct manner.

Before commencing the Beginners class you will be required to attend an Introduction to Pilates. The intro session includes completion of a Pilates Registration form which gives us brief details of your current and past medical history to ensure you are suitable for the class. If, on the rare occasion, you are not suitable for the Pilates class we may be able to offer you an alternative class at Horder Healthcare.

Fitness for the over 50s

A fun and varied class aimed to improve overall fitness, strength and flexibility. The class is aimed at those people who are fifty, generally fit and well but who would like to improve their overall strength and fitness.

Lower Limb Strength and Stability

The class is aimed at those people who wish to improve lower limb strength having either previously suffered lower limb injury, require ongoing exercise following lower limb operations (i.e. total knee replacement) or suffer from lower limb instability & weakness in general.