

# CLASS TIMETABLE

## Monday

09:00 - 10:00 - Fitness for the Over 50s  
10:15 - 11:15 - MS Society Exercise Class\*\*\*  
11:30 - 12:30 - Parkinsons UK Exercise class\*\*  
13:45 - 14:45 - Balance & Flexibility  
15:00 - 16:00 - Fitness For The Over 50s  
16:30 - 17:30 - Modified Pilates (Beginner)\*  
17:45 - 18:45 - Modified Pilates (Intermediate)\*

## Tuesday

10:15 - 11:15 - Modified Pilates (Beginner)\*  
13:15 - 14:15 - Balance & Flexibility  
14:30 - 15:30 - Therapeutic Standing Pilates\*

## Wednesday

09:00 - 10:00 - Fitness For The Over 50s  
10:00 - 11:00 - Fitness For The Over 50s  
11:15 - 12:15 - Balance & Flexibility  
13:00 - 14:00 - Therapeutic Standing Pilates\*  
14:15 - 15:15 - Lower Limb Strength & Stability  
15:45 - 16:45 - Modified Pilates (Beginner)\*  
18:00 - 19:00 - Yoga\*

## Thursday

10:00 - 11:00 - Modified Pilates (Intermediate)\*  
11:15 - 12:15 - Modified Pilates (Beginner)\*  
16:15 - 17:00 - Introduction to Pilates  
(Fortnightly)  
17:30 - 18:30 - Modified Pilates (Beginner)\*

## Friday

07:45 - 08:45 - Circuits  
09:00 - 10:00 - Modified Pilates (Beginner)\*  
10:15 - 11:15 - Fitness For The Over 50s  
11:30 - 12:30 - Balance & Flexibility

## Saturday

09:00 - 10:00 - Modified Pilates (Intermediate)\*  
10.15 - 11.15 - Balance and Flexibility  
11:30 - 13:00 - Tai Chi

## PRICES

All classes are £8 per session with the exception of all Pilates classes, yoga and tai chi which are charged at £12 per session.

You can now book your classes online at [www.horderhealthcare.co.uk](http://www.horderhealthcare.co.uk) where you will also find further information including up to date class times.

## DETAILS

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

\*\* Exclusive to Parkinsons UK Crowborough members, for more information call 0844 225 3609.

\*\*\* Exclusive to MS Society members, for more information call 01825 764292.

**TO BOOK: CALL 01892 601 466 OR  
VISIT [HORDERHEALTHCARE.CO.UK](http://HORDERHEALTHCARE.CO.UK)**

Class times and prices correct at  
time of print: **16/01/2019**

## 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.

### Circuit Class

This fast paced class provides a host of effective, challenging but fun exercises which improve endurance, strength and tone. The class is aimed at individuals who are generally fit and can independently get on and off the floor, looking to increase their strength, power and general conditioning.

### 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.

### 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.

### Therapeutic Standing Pilates

Our Therapeutic Standing Pilates class is suitable for those who want to work at their own pace in a gentle, relaxed and friendly class. The exercises are performed in a standing position with all the benefits of mat-based Pilates. This class is performed at a slow pace and can help to improve and optimise posture.

### Tai Chi

Tai chi and qigong are an easy to learn system of energy enhancing exercises that coordinate movement with breathing and inner concentration. Tai chi as an exercise activity can improve fitness, and with regular application can lead to an increase in functional abilities of coordination and joint mobility, as well as improve self esteem and confidence.

### Yoga

Therapeutic Gentle Yoga is a safe, effective and compassionate way of delivering the benefits of yoga to those who feel their needs cannot be addressed in a regular class. For special conditions our Therapeutic Yoga teacher Julie will apply modifications when needed, using bolsters, blocks and chairs for added support and comfort.

Following ancient yogic traditions the class delivers four equal nourishments; mental, emotional, physical and spiritual. Working on mindfulness and pranayama (the breath) asanas (postures) and yoga nidra (deep relaxation).