

# Fast-Track & Individual sessions



Experience Pilates

## **Fast-Track: Short on time – want to learn the basics and get on with it?**

**Full beginners Pilates course in 3 personal sessions:**

We know some clients can't commit to a lot of the Pilates courses dates, so to make Pilates more accessible to everyone, Experience Pilates are offering a fantastic deal. Covering the full beginner's course with you on a 1-1 basis, you will receive all relevant Pilates by Numb3rs cards, email and phone assistance when necessary.

By the end of the course you will be fully equipped with the basics of Pilates at the end of the three 1-1 session! Then you have the option to attend the classes at Great Eccleston or Longridge or continue with 1-1 sessions or practice on your own at home using the Pilates by Numb3rs cards.

You get 3 personal Pilates sessions at my home. Each session lasts 45min and includes all the equipment we use during the course. Do not delay, book your Pilates 1-1 course now - price only £85 (normal price £105).

This is a truly outstanding offer—and will not always be available.



## **Individual Pilates classes for everyone.**

**Busy life and want results or need special care and attention?**

Specialised courses for those who have quite specific exercise needs or for those who have very busy lives and who want to maximise their workout time. If you want one hour of your busy week totally dedicated to you and your body, these are the sessions for you.

A tailor made course committed to getting you the results you want whether we are working hard or gentle, you are guaranteed a Pilates programme that is specific to you.

**Individual sessions are perfect for:**

A Busy Person

Breast cancer Survivor

An expecting Mum!

A New Mum!

**Pilates can help with the following long-term conditions:**

Chronic Pain,  
Multiple Sclerosis (MS),  
Osteoarthritis (OA)

General back and neck pain/problems,  
Pelvis Floor Weakness,  
Rheumatoid arthritis (RA),  
Myalgic encephalomyopathy (ME)

Make that commitment of one hour a week to work both your body and mind. After your one hour session you will feel revitalised and refreshed, knowing that the routine has stretched you physically, yet soothed the mind.

[www.prestonpilates.co.uk](http://www.prestonpilates.co.uk)

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