



Pilates

Longridge

Conservative Club, Berry Lane

Wednesday Starts 8th September and 3rd November

6.30pm &
7.35pm

Level 2/3 Pilates with small
equipment

7 Weeks
£49.00

Thursday Starts 9th September and 4th November

7.30pm

Level 1 Pilates – Back rehab,
beginners, etc

7 Weeks
£49.00

FREE weekly video homework!

Classes also in Gt Eccleston and Chorley

Level 1

Perfect for beginners, returning from injury or back/neck pain. Focusing on technique and simple yet effective moves let Pilates begin to strengthen, lengthen and tone your whole body. Notice how your movements become easier and maybe less painful – improves function. Video Homework.

Level 2/3

An excellent way to start if you are currently active and want a challenge. Start to test your coordination and learn new moves using small equipment. Notice how your body responds to the more demanding Pilates exercises – you will be stronger and leaner! If you are ready for a dedicated and challenging Pilates class – this is it! Perfect if you have done Pilates before and are ready to move on. Video Homework.

Cath Hopkinson, Pilates Specialist

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