



Pilates

Longridge

Conservative Club, Berry Lane

Wednesday Starts 14th April and 9th June

6.30pm & 7.35pm	<i>Level 2/3 Pilates</i> with small equipment	7 Weeks £49.00
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Thursday Starts 15th April and 10th June

6.15pm	<i>Pilates for Weight Loss</i>	7 Weeks £35.00
7.35pm	<i>Level 1 Pilates</i> – Back rehab, beginners, etc	7 Weeks £49.00

FREE weekly video homework!

Classes also in Gt Eccleston, Garstang 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

Start to challenge 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.

Pilates for Weight Loss

Cardiovascular moves and Pilates are combined so your heart rate keeps elevated. Instead of the video homework, **free** pedometer and an online chart to measure your steps. Trainers must be worn.

Cath Hopkinson, Pilates Specialist

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