

Summer Pilates 2018 - Class & Booking Information

This summer we're mixing it up a little! You'll still have the opportunity to come along to a regular Pilates mat class, but we'll also be offering some fun classes and a charity class throughout the week. It's a great opportunity for you to try a different class, a different instructor or do some extra classes! We appreciate summer is a busy time, with holidays and children to work around, so this system aims to offer an easy, flexible and fair way for you all to enjoy your Pilates over the summer.

Booking a class

To ensure efficient and smooth running of the Summer Pilates for all, please read the following booking information carefully which applies to all Summer Classes (mat classes, express classes and Special classes):

- All classes can be booked at Reception or by calling 023 8025 3317.
- All classes are booked individually, so you can book and pay for exactly which classes suit you over the summer. You can book as few or as many classes as you like.
- Places will be limited, so advanced booking is recommended. You can book a place in a class (subject to availability) right up until the class starts, so as long as there is a space you may be able to join on the day.
- To secure your place in any class, you will need to pay for the class(es) at the time of booking. No bookings will be made without payment.
- All bookings are final, there will be no refunds for unattended classes, so please only book and pay for classes that you know you can attend.
- Summer classes will not be transferable. We cannot swap you from one class to another once a booking has been made.
- Unattended classes can not be 'made up' over the summer or during the next course.

Class Descriptions

Mat Classes £12.50/class 1 Hour Regular Clinical Mat Pilates classes will be run throughout the week. Classes are run at 3 different levels, beginners for those new to Pilates or who want a gentler workout, intermediates for those who regularly attend Pilates and want more of a challenge and advanced for those who are really confident with their Pilates. There is also a mixed class, where all levels will be catered for.

Pilates Express - Abdo Blast £6.50/class 30 Minutes A quick, fun 30 minute express class, purely focused on targeting the abdominal muscles. Get ready to feel the burn!

Pilates Express - Glute Blast £6.50/class 30 Minutes A quick, fun 30 minute express class, purely focused on targeting the gluteal (bottom) muscles. Get ready to feel the burn!

All The Balls £12.50/class 1 Hour Using a selection of our Pilates balls and gym balls, these classes will add another dimension and challenge to your Pilates.

Charity Mixed Mat Voluntary Donation 1 Hour This year, goPhysio are supporting The Brain Tumour Charity. Once a week, we'll be dedicating one class to this charity. There will be no charge for this mixed level mat class, but we will be collecting voluntary donations from all those attending. Places will be limited, and advanced booking is essential to reserve your place on this class.

Pilates For Sports £12.50/class 1 Hour Whatever your sport, this Pilates class will work around challenging you to improve your strength, flexibility, endurance and stability to help with your sporting performance, help build physical durability and prevent injury.

Magic Circle £12.50/class 1 Hour A fun class, using the magic circle to add resistance and aid flexibility as part of your mat work class.

Absolute Beginners £12.50/class 1 Hour This 1 hour session is for absolute beginners to Pilates. If you're not sure what Pilates is, what a class would involve or whether it's for you, now's your chance to give it a try! It will cover all the Pilates basics, help you understand more about Pilates and give you the opportunity to practice some exercises.