

Pilates North East Mind and Body Studio

Timetable – November 2016

Please arrive in good time for your class – thank you!

MORNING	Mon	Tue	Wed	Thurs	Sat	Watch this space for details of new classes!
10:00 – 11.00	Level 1/Level 2	Level 1/Level 2	Yoga for all (Noel) 10.00-11.30		Stretch, release, relax £8	
11:00 – 12.00		Healthy Backs/Beginners				
EVENING						
6:00 – 7.00	Beginners/Level 1	Total Beginners	Level 2	All Levels		
7:00 – 8.00	Level 2/Level 3	Level 2/Level 3	Level 2	Level 2/Level 3		
8:00 – 9.15		Yoga for all 8.00-9.15				

As shown above, many of our classes cater for more than one level. All classes offer modifications to suit the needs of each client. Please talk to us about which class would suit you best - call Gillian on 07718 520 869 or Carol on 07761 421 815. Email: pilatesnortheast@gmail.com

Total Beginners - Induction to Pilates, providing an awareness of basic principles, foundations and essentials.

Beginners – Pilates repertoire is introduced and clients learn the building blocks to each exercise.

Level 1 – More highly choreographed element than Beginners, for clients with a sound understanding of the basic principles and foundations.

Level 2 – As for Level 1, but the class has the extra element of a dynamic flow and uses equipment to add further challenge.

Level 3 – For the more advanced clients that have an experienced practice and enjoy a challenge!

All levels – a session for everyone - whatever stage of Pilates you are at!

Yoga for all: taught by Noel Sharpe (www.yoga-durham.co.uk): accessible yoga for all levels of fitness. **Taster sessions available – please ask at Reception.**

New classes commencing soon:

- Mens Pilates

- Specialist Classes: Medical conditions, older adults, GP referalls, spinal issues. **AM and PM classes available - please ask at Reception.**