

# Pilates North East Mind and Body Studio

## Timetable – September 2018

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

MORNING	Mon	Tue	Wed	Thurs	Fri	Saturday
10:00 – 11.00	Level 1/Level 2	Level 1/Level 2	Yoga for all (Noel) 10.00-11.30		Multi Level	Multi Level
11:00 – 12.00	Multi Level	Healthy Backs/Beginners				Total Beginners
EVENING						
6:00 – 7.00	Beginners/Level 1	Total Beginners	Level 2	Multi Level		
7:00 – 8.00	Level 2/Level 3	Level 2/Level 3	Level 2	Level 2/Level 3		
8:00 – 9.15		Smooth Yoga 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](mailto: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](http://www.yoga-durham.co.uk)): accessible yoga for all levels of fitness. **Taster sessions available – please ask at Reception.**

**Smooth Yoga** - taught by Sarah Salter - [sarah.smoothyoga@gmail.com](mailto:sarah.smoothyoga@gmail.com)

**Saturday at 10am - Multi Level Class:** This is a beginners course and a multi level taught class. Our members can enjoy a second class for £6.50. This needs to be pre-booked and paid for as places are limited. Any NEW clients can enjoy a taster session. The cost of this session is **£10.**

**Please note all sessions are by bookings only.**