



# Pilates ABC

## WHAT TO WEAR

- Wear comfortable clothing that you can move in
- Wear socks
- Bring layers to adapt to room temperature as necessary.
- To help Alyth observe your alignment during the class try to avoid baggy or oversized clothing.
- Safety - dangly jewellery is best left at home!
- Shorts with linings, or shorts with lycra running shorts underneath are a good option for those not wishing to wear sports trousers

## WHICH CLASS?

If you are unable to attend the class you feel best suited to yourself, let Alyth know and she will do her best to accommodate your needs in a different class.

## CLASSES

- **Novice Class:** an introduction to Pilates for the complete beginner introducing the three main principles: alignment, breathing and core stability
- **Beginner/Intermediate:** previous Pilates experience desirable. Consolidates and builds on previous knowledge developing the eight principles of Pilates: breathing, control, concentration, core stability, flowing movement, relaxation, and stamina
- **Intermediate Plus:** for those with experience wanting more challenge in movement!
- **Return to Exercise:** emphasis on building up muscle strength and tone for those wanting to restart exercise safely
- **Bone Health:** focuses on building up and maintaining muscle strength and bone density to support everyday living for those diagnosed with Osteoporosis, Osteopenia and for those with a family history of the disease.
- **NOTE:** those diagnosed with Osteopenia are welcome to attend any of the classes listed.
- **Diastasis Recti:** restore separated stomach muscles in men and women
- **Parkinsons Disease:** posture, balance and techniques to help prevent falls and freezing strategies
- **Arthritis:** mobilise joints, alleviate pain + improve flexibility and posture



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- **Hip + knee replacements:** helps restore muscle function and strength pre and post operation. Especially useful as a continuation after initial physiotherapy from an operation
- **Respiratory:** help breathing and relaxation by gentle exercise
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## MISSED CLASSES

If you are unable to make your class and there is availability at a different venue in the same block you are welcome to arrange a catch up class. Please contact Alyth to arrange this and she will do her best to help.

## THE STUDIO, SONNING COMMON PRIMARY SCHOOL

<https://goo.gl/maps/t6zC2> The Studio is situated on Grove Road just down from the Lea Road corner on the school side of Grove Road. It is a one storey building with The Studio written in large letters at the top. There is a small car park to the front of the premises otherwise street parking is available in Grove and Lea Road.

## PAYMENT

Payment is made in advance before or on the first day of each five week block in order to secure your place in the class. Cheques etc payable to Alyth Yealland

BACs payment available.

Direct debit option also available via Go Cardless, an on line facility for those who prefer to spread their payments out over a twelve month period.

## COST

**Matwork classes:** £50 in advance per 5 week block via **cash, cheque or BACs** or £33.34 per month (for 40 week year classes) or £32.50 per month (for 39 week year classes) via direct debit through Go Cardless, a secure on line service. The direct debit guarantee also applies. The Go Cardless link is posted on my main website.

**Private sessions** for one cost £40 per hour or £20 for two clients.



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## **BREAKS**

We have regular breaks for half term, Christmas, Easter and the Summer holidays to give everyone a chance to recuperate and start afresh in the new block. There is no class on the May bank holiday for clients who attend courses on a Monday.

## **CONTACT DETAILS**

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