

# CLASS TIMETABLE

ONLINE LIVE-STREAMED VIA ZOOM

## TUESDAY

09:00 - 10:00 Modified Pilates Intermediate <sup>1</sup>



To join a class you will need a device that has a microphone, a camera and that connects to the internet, such as a tablet, laptop or smart phone.

**You will also need to install the Zoom application.**

## Prices

All Pilates classes are charged at **£12 per session**.

HIIT 50+ is charged at **£8 per class**.

You must book your classes online in advance at [bookaclass.horderhealthcare.co.uk](https://bookaclass.horderhealthcare.co.uk) where you will also find further information including up to date class times.

## Details

1. Please note that before joining the Pilates Improvers and Intermediate classes you must have completed the 6-week Beginners Matwork course and have been cleared by the class instructor to proceed to these levels. This applies to those new to Pilates at Horder Healthcare.

**For more information and to book your Beginners Course, please visit [horderhealthcare.co.uk/pilates-beginners](https://horderhealthcare.co.uk/pilates-beginners)**

**To book: visit [bookaclass.horderhealthcare.co.uk](https://bookaclass.horderhealthcare.co.uk)**

## CLASS DESCRIPTIONS

### HIIT 50+

Harder HIIT 50+ takes over from the longstanding Fitness for the Over 50s classes and is a great option for those over 50 looking to keep fit and healthy. This class brings huge health benefits, including aerobic stamina, better blood glucose control, muscle function and memory performance. HIIT exercises can include pretty much anything but emphasise completing the exercise at high intensity in a short amount of time.

Our 45 minute workouts aim to provide you approximately 20 minutes of high intensity work using all the major muscle groups to improve strength and stamina.

### Standing Pilates

Our Standing Pilates is a mixed ability class suitable for those who find it difficult getting on and off the floor and for those with osteoporosis or osteopenia and want to work at their own pace in a gentle, relaxed and friendly class.

The exercises are performed in a standing position with all the benefits of mat-based Pilates and help to optimise posture and gait, is gentle on vulnerable joints and focuses on improving balance and muscle strength, giving confidence for everyday activities.

---

### Modified Matwork Pilates

Our Modified Matwork Pilates classes are now divided into 3 types.

#### 1. Pilates Beginners course

The Beginners Matwork course is for those new to Pilates and new to Pilates at Horder Healthcare. By the end of the 6-week course you should be ready to join the Improvers or Intermediate classes.

The course is designed to take 6 consecutive weeks to master the principles and 5 key elements of Pilates and includes a series of progressive, precise exercises which focuses on strengthening the deep abdominal muscles, known as the core muscles, helping achieve a better posture, improving balance and flexibility, giving confidence for everyday activities.

#### 2. Modified Pilates: Improvers

Once you have completed the 6-week Pilates Beginners Matwork course you will be able to join the Improvers class where you will continue to build on your core strength, flexibility, balance, muscle strength and posture. Different levels of some exercises will be given along with the option to use some small equipment, such as soft balls and resistance bands, so you will feel the benefit of working safely whilst being challenged.

#### 3. Modified Pilates: Intermediate

The Intermediate class is designed for those with more experience in Pilates. A variety of movements and use of small equipment to target all areas of your body and improve postural alignment, mobility, strength and flexibility will see your body moving with greater ease, and confidence in every day activities and sport.

**To book:** visit [bookaclass.horderhealthcare.co.uk](http://bookaclass.horderhealthcare.co.uk)