

CLASS TIMETABLE

FACE TO FACE AT CROWBOROUGH

MONDAY

10:15 - 11:00 Balance and flexibility
15:15 - 16:15 Modified Pilates Improvers ¹
16:30 - 17:30 Modified Pilates Intermediate ¹

TUESDAY

09:00 - 09:45 HIIT 50+
10:15 - 11:15 Modified Pilates Improvers ¹
14:30 - 15:30 Standing Pilates

WEDNESDAY

09:00 - 10:00 Modified Pilates Improvers ¹
15:30 - 16:30 Modified Pilates Improvers ¹

THURSDAY

10:00 - 11:00 Modified Pilates Intermediate ¹
11:15 - 12:15 Modified Pilates Improvers ¹
17:30 - 18:30 Modified Pilates Improvers ¹

LIVE-STREAMED VIA ZOOM

TUESDAY

09:00 - 10:00 Modified Pilates Intermediate ¹



To join the online/live-streamed 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 Zoom application.

Prices

All classes are **£8 per session** with the exception of all Pilates classes which are charged at **£12 per session**.

You must book your classes online in advance at 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

To book: visit bookaclass.horderhealthcare.co.uk

CLASS DESCRIPTIONS

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.

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.

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.

HIIT 50+

Horder 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.

Balance and Flexibility

A class for people who want to improve their balance, mobility and strength needed for performing their everyday activities. The class provides a calm and relaxing atmosphere and allows for a bit of fun while you exercise!

To book: visit bookaclass.horderhealthcare.co.uk