

THE HORDER CENTRE

CLASS TIMETABLE

**MONDAY**

15:15 - 16:15 Modified Pilates Improvers <sup>1</sup>  
16:30 - 17:30 Modified Pilates Intermediate <sup>1</sup>

**TUESDAY**

09:00 - 10:00 Modified Pilates Intermediate <sup>1</sup>  
10:15 - 11:15 Modified Pilates Improvers <sup>1</sup>  
14:30 - 15:30 Standing Pilates

**WEDNESDAY**

09:00 - 10:00 Modified Pilates Improvers <sup>1</sup>  
15:30 - 16:30 Modified Pilates Improvers <sup>1</sup>

**THURSDAY**

10:00 - 11:00 Modified Pilates Intermediate <sup>1</sup>  
11:15 - 12:15 Modified Pilates Improvers <sup>1</sup>

**SATURDAY**

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

**Prices**

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

You must book your classes online in advance at [bookaclass.horderhealthcare.co.uk](http://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](http://horderhealthcare.co.uk/pilates-beginners)**

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

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.

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## 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.

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