

# pilatesbody

## Pilates Body course timetable – January – March 2012

### Course Description

**Level 1:** Step by step guide to good Pilates technique and how to optimise your body's efficiency and effective movement.

Introduction to mat work exercise and some equipment based work. *(Please talk to instructors re. organising beginner courses)*

**Level 2:** Consolidate and extend your mat work and equipment Pilates exercise while conditioning your body

**Level 3:** Challenge your co-ordination and body control and work up a potential sweat!

**Sports performance:** A class aiming to challenge you and enhance your sporting performance. **NEW CLASS!**

Level	Day	Time	Start date	End date	No. of classes	Cost per course (£)
1	Monday	1230	9/1/12	26/3/12	10 out of 12	140
2	Monday	1330	9/1/12	26/3/12	10 out of 12	140
2	Monday	1830	9/1/12	26/3/12	10 out of 12	140
2	Monday	1930	9/1/12	26/3/12	10 out of 12	140
2	Monday	2030	9/1/12	26/3/12	10 out of 12	140
2	Tuesday	1830	10/1/12	27/3/12	10 out of 12	140
3	Tuesday	1930	10/1/12	27/3/12	10 out of 12	140
2	Tuesday	2030	10/1/12	27/3/12	10 out of 12	140
2	Wednesday	1815	11/1/12	28/3/12	10 out of 12	140
2	Wednesday	1915	11/1/12	28/3/12	10 out of 12	140
2	Wednesday	2015	11/1/12	28/3/12	10 out of 12	140
2	Thursday	1400	12/1/12	29/3/12	10 out of 12	140
2	Thursday	1800	12/1/12	29/3/12	10 out of 12	140
3	Thursday	1900	12/1/12	29/3/12	10 out of 12	140
2	Friday	0915	13/1/12	30/3/12	10 out of 12	140
2	Friday	1015	13/1/12	30/3/12	10 out of 12	140
1	Friday	1115	13/1/12	30/3/12	10 out of 12	140
<a href="#">Sports Perf.</a>	Saturday	0900	14/1/12	31/3/12	10 out of 12	140
2	Saturday	1000	14/1/12	31/3/12	10 out of 12	140

*The usual tutor for Monday = Fiona daytime/ Louise evening, Tuesday = Abi. Wednesday = Becky, Thursday = Louise daytime / Becky evening, Friday = Louise, Saturday = Becky*

### Alternative Pilates options

Option	Charge per hour per person
<b>1:1 session</b> <i>Enabling individual assessment, closer supervision and correction.</i>	<b>£47</b>
<b>1:2 session</b>	<b>£30</b>
<b>1:3 session</b>	<b>£20</b>

Any of the above options could be arranged as a one off / regular basis, e.g. a group of 1 - 3 post natal ladies / work colleagues etc. creating their own course at a time that suited them.

**With limited availability of level one course's we encourage clients to commence their Pilates training in 1:1 sessions with a view to join in with the intermediate classes when at an appropriate level.** This allows individuals to identify their personal needs more specifically than in a group setting. It is a necessity if there has been any history of pain or dysfunction or other related medical complaint.

Please talk to us if your requirements are not being met. We will endeavour to accommodate all.

**Pilates Body, @ Impact Physiotherapy, 128 Derby Road, Long Eaton, Nottingham, NG10 4ER**

Tel: 0115 972 1319 / 07977 239893

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Dear Pilates enthusiast

Thank you very much for your continued support / your enquiry about the Pilates tuition at Pilates Body. Attached is the course timetable which starts in January 2012.

Priority booking for those currently on a course will run from today until 16th December 2011. We ask you to confirm your space with payment, ideally through BACS transfer in preference to cash/cheque. Many thanks.

To pay by standing order please set up the payment with your bank / building society using the following details:

Account number: 93871985

Sort code: 720004

Reference: "your name" followed by the term paid for. For example:

Joe Bloggs Jan - March 2012

Amount: £140 for 10 sessions out of a 12 week course. Please check the amount payable with your instructor if your course includes bank holidays or is of a shorter duration.

**Please ensure that your payment reference is specific to your name and the course / months you are paying for so that we know that you have paid.**

For new Pilates Body participants please call 0115 9721319 to discuss the most suitable course or arrange a 1:1 session for assessment and an appropriate plan to be put in place. We strongly recommend that you book a 1:1 session initially, especially if you have had any specific injury / dysfunction for which you are attending Pilates.

**All courses will run dependent on numbers.**

**Full payment for the course must be received prior to the beginning of the course.**

**We apologise but once the course has started no refunds are possible.**

If you have any specific queries which you would like to discuss with us prior to signing up to a class please don't hesitate to contact us. We will return your call if we are unable to talk at the time.

We look forward to seeing you soon.

Juliette, Rachel, Louise, Fiona, Abi and Becky.