

Pilates Body course timetable | March - June 2010

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!

Level	Day	Time	Start date	End date	No. of classes	Cost per course (£)
2	Monday	1330	29/3/10	21/6/10	9 out of 10	121.50
2	Monday	1830	29/3/10	21/6/10	9 out of 10	121.50
2	Monday	1930	29/3/10	21/6/10	10 out of 12	135
2	Monday	2030	29/3/10	21/6/10	10 out of 12	135
2	Tuesday	1830	30/3/10	22/6/10	10 out of 12	135
3	Tuesday	1930	30/3/10	22/6/10	10 out of 12	135
1	Tuesday	2030	30/3/10	22/6/10	10 out of 12	135
2	Wednesday	1815	31/3/10	23/6/10	10 out of 12	135
2	Wednesday	1915	31/3/10	23/6/10	10 out of 12	135
2	Wednesday	2015	31/3/10	23/6/10	10 out of 12	135
2	Thursday	1400	8/4/10	24/6/10	10 out of 12	135
3	Thursday	1900	8/4/10	24/6/10	10 out of 12	135
1/2	Thursday	2000	8/4/10	24/6/10	10 out of 12	135
2	Friday	0915	9/4/10	25/6/10	10 out of 12	135
2	Friday	1015	9/4/10	25/6/10	10 out of 12	135

The usual tutor for Monday = Fiona daytime/ Louise evening, Tuesday = Abi. Wednesday = Rachel, Thursday = Louise daytime / Denise evening, Friday = Louise

Please note that there are no classes on the Bank Holiday Monday 3rd and 31st May or over Easter on Thursday 1st April through to Wednesday 7th April inclusive.

Alternative Pilates options

Option	Charge per hour per person
1:1 session <i>Enabling individual assessment, closer supervision and correction.</i>	£45
1:2 session	£30
1:3 session	£20

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 courses we encourage clients to commence their Pilates training in 1:1 sessions or arranging a beginners small group series of sessions with the view to joining 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 and is particularly beneficial if there has been any history of pain or dysfunction. Please contact an instructor to arrange beginner's sessions.

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

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 March 2010. It has been three years since we have increased the price for a course. In order to avoid increasing the fee we may occasionally have 7 people in a class.

Priority booking for those currently on a course will run from today until 14th March 2010. **Cheques made payable to 'Pilates Body' must be provided at this time to secure your place.** The cheques will be paid in one week prior to the course commencing. After the 14th March 2010 anyone can book any course so book your preferred class as soon as you are able with payment!

For new Pilates Body participants please call 0115 9721319 / 07977 239893 (Rachel) / 07905 927563 (Juliette) to discuss the most suitable course or arrange a 1:1 session for assessment and an appropriate plan to be put in place. We recommend that you book a 1:1 session initially, especially if you have had any specific injury / dysfunction for which you are attending Pilates.

Please send your cheques payable to 'Pilates Body' to:

Pilates Body
c/o Impact Physiotherapy
128 Derby Road, Long Eaton, Nottingham, NG10 4 ER

- All courses will run dependent on numbers.
- 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 and Fiona.