

Pilates

at Oldbury-on-Severn Memorial Hall

- *Aiming to improve 'deep' muscle and core endurance/strength, as well as flexibility, posture and balance.*
- *Including the use of 'Biomechanic' techniques to help correct shoulder and pelvis mis-alignment.*
- *Relaxing exercises and gently stretches - invigorating and strengthening.*
- *Suitable for all ages and abilities - exercises adapted to suit.*
- *Mats and all other equipment provided.*

MONDAYS 9.30AM, 10.45AM, 6.30PM

WEDNESDAYS 6.30PM

THURSDAYS 9.30AM, 10.45AM, 6.30PM

- *Classes are 1 hour and generally run in blocks of 6 weeks during term time and throughout the summer holidays.*
- *Once enrolled on a course you can swap to alternative classes if/when necessary.*
- *1:1 induction, including postural assessment, available on request.*



**PILATES MATWORK CYQ LEVEL 3 (2010)
CLINICAL PILATE'S EXERCISE SPECIALIST:**

- PRE AND POST-NATAL
- COMMON ORTHOPAEDIC CONDITIONS:
KNEES/HIPS/SHOULDERS
- GP EXERCISE REFERRAL
- LEVEL 4 LOW BACK PAIN

*For further details please contact: Karen Porter tel: 01454 413380/ 07986 931893
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CIMSPA
PRACTITIONER

Chartered Institute for the Management
of Sport and Physical Activity