

Liz Nichols Pilates



When I had to take a break from running, I thought there would be nothing that would replace the adrenalin and feeling of well-being that came from a run, whether that was at a competitive level or just a regular run, maybe with friends. When I was advised to try Pilates whilst recovering from a frozen shoulder I found that what at first seemed simple actually had more challenges than I realised. It is this feeling that I try to bring to my classes – whatever your age, ability, disability or level of competence, there is the potential to enhance what you have and to feel more confidence in yourself both physically and mentally.

Classes are relaxed and friendly; you will be encouraged to work at your own pace but with challenges where appropriate! The most frequent comment I hear from members of the class is that coming to Pilates gives them time for themselves and a body that feels stronger and more flexible. Bone and joint health are a particular focus but I regularly attend workshops and training with Body Control Pilates in all areas that support an active lifestyle.

The class at Oldbury is at the Pavilion Westmarsh Lane on Tuesdays from 6 - 7pm

Other classes:

Yate (U3A)	Shire Community Centre	Tuesday	1030 – 1130am
Iron Acton	Iron Acton Village Hall	Wednesday	09 30 – 10 30am
Tytherington	Tytherington Village Hall	Wednesday	6 - 7pm

One to one or small group sessions are also available by arrangement.

Mats and cushions are provided and a range of equipment and exercises enable your hour to be varied and keep you moving! I love running, swimming and generally keeping fit and recommend Pilates as a support to all your sports activities, both to sharpen your performance and to help to avoid injury.

To reserve a place or find out more please contact me at liznichols@hotmail.com or ring 07780677277

BODY CONTROL
PILATES®