

# CLASSES

YOGA | PILATES | STRENGTH



We offer a range of Yoga, Pilates and strength classes to suit all levels and abilities. Our group class sizes are small and friendly, all led in our beautiful studio by our team of qualified teachers and physiotherapists. All equipment is provided – so you can simply turn up and enjoy your class!

## YOGA

Yoga is a low-impact practice which invites mind to body awareness through the use of mindful movement, postures, stretching and breathwork. Our classes range from gentle to more challenging, with modifications to suit all levels.

1:1 sessions are also available.

## PILATES

Matwork Pilates blends strength, movement control, core stability, flexibility and breathing. Our instructors provide a safe environment and cater to all levels. We offer beginner, intermediate, advanced and 1:1 sessions.

See reverse for timetable and prices. Ask our team if unsure which class is right for you. We also offer 1:1 sessions – for prices and booking availability, please call or email us.

## STRENGTH & TONE

Led by fitness instructors, these light weight classes will challenge you to work your muscles and move at a level tailored to your ability. Suitable for all skill levels, as our instructors can increase the weight for more challenge or modify exercises to make them easier.

## RUN STRONG

A physio-led, small group session, aimed at runners who want to; build strength, prevent injury and improve their overall running performance. Injured runners are welcome but will need a physiotherapy assessment prior to starting the class.

PHYSIOTHERAPY | REHAB | MASSAGE | CLASSES | WORKSHOPS

# WEEKLY CLASSES

# TIMETABLE

● Yoga ● Pilates ● Strength

MON	● Intermediate Pilates	5.00pm	Laura	45 mins
	● Advanced Pilates	6.00pm	Laura	45 mins
	● Intermediate Pilates	7.00pm	Laura	45 mins
TUE	● Intermediate Pilates	10.00am	Will	45 mins
	● Strength & Tone	6.00pm	Liz	45 mins
	● Beginner Pilates	7.00pm	Naomi	45 mins
WED	● Feel Good Flow Yoga	9.15am	Becky	45 mins
	● Vinyasa Flow Yoga	5.45pm	Neil	60 mins
	● Yoga Stretch	7.00pm	Neil	60 mins
	● Run Strong	7.15pm	Ryan	60 mins
THU	● Beginner Pilates	11.00am	Dani	45 mins
	● Energy Flow Yoga	6.00pm	Jules	60 mins
	● Cosy Flow Yoga	7.15pm	Jules	60 mins
FRI	● Therapeutic Yoga	8.00am	Becky	60 mins
	● Strength & Tone	9.30am	Liz	45 mins
	● Strength & Tone	6.00pm	Will	45 mins
	● Intermediate Pilates	7.15pm	Laura	45 mins



## PRICES

PAYG	£11
4-Class Block	£40
10-Class Block	£95
Run Strong	£15 (PAYG only)*

## NEW CLASS MEMBERSHIP

10 classes per month **£90 per month**

Book classes in advance to secure the days/times you want on a regular basis. Automatic payment on the 1st of each month. No contract (cancel at any time).

To arrange a membership or block, please call us or pop in. Blocks have 12-months expiry. All information correct at time of going to print, see website for class updates. Booking required.

\*Run Strong is excluded from class blocks and membership.

M O K O  
PHYSIOTHERAPY

BOOK CLASSES ONLINE

[mokophysiotherapy.co.uk](http://mokophysiotherapy.co.uk)

01332 501098

[info@mokophysiotherapy.co.uk](mailto:info@mokophysiotherapy.co.uk)

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