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.

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.

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.

WEEKLY CLASSES

TIMETABLE

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MON	Intermediate Pilates	5.00pm		
	Advanced Pilates	6.00pm		
	Intermediate Pilates	7.00pm		
TUE	Intermediate Pilates	10.00am		
JE	Strength & Tone	6.00pm		
	Beginner Pilates	7.00pm		
WED	Feel Good Flow Yoga	9.15am		
	Vinyasa Flow Yoga	5.45pm		
	Yoga Stretch	7.00pm		
	Run Strong	7.15pm	Ryan	60 mins
THU	Beginner Pilates	11.00am		
	Energy Flow Yoga	6.00pm		
	Cosy Flow Yoga	7.15pm		
FRI	Therapeutic Yoga	8.00am		
	Strength & Tone	9.30am		
	Strength & Tone	6.00pm		
	Intermediate Pilates	7.15pm		



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).

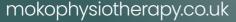
To arrange a membership or block, please call us or pop in. Blocks have 12-months expiry. All information correct at time of going to print, see website for class updates. Booking required. *Run Strong is excluded from class blocks and membership.

BOOK CLASSES ONLINE

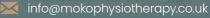














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