



## Which Class should I choose?

Call 01274 270450 to book your classes now

**Beginners** — A perfect introduction to the modified Pilates technique. Ideal for sufferers of low back pain and shoulder problems.

**Improvers** — A progression from the beginners class, this works the core harder and promotes improved technique and stability. Your workout may use some of the small equipment to increase the challenge.

**Intermediate** — Challenge your Pilates technique and fitness with this intensive workout. Ideal for those who are injury-free and experienced in Pilates.

**Ante Natal Pilates** — Designed for people in the second and third trimester, this session will maintain your posture and keep you fit for pregnancy.

**Post Natal Pilates** — Following your baby's arrival, join us for this progressive routine to regain your fitness, figure and function.

**Small Equipment** — Sometimes easier, sometimes harder — Your favourite Pilates exercises, with interesting additions including Gym Balls, Resistance Bands, Ova Balls and Spiky Balls.

**3D (Standing) Pilates** — Perform your class in Standing to improve balance and promote weight bearing for bone density — Increase the challenge with our balance pads!

## Pilates Class Timetable

Call **01274 270450** to book your classes now



Monday	10.30am	Improvers
Monday	6pm	Advanced
Monday	7pm	Beginners
Tuesday	6pm	Intermediate
Tuesday	7pm	Improvers
Wednesday	6pm	Improvers
Wednesday	7pm	Beginners
Thursday	12pm	Beginners
Friday	2pm	Intermediate
Saturday	8.45am	Improvers

**Clayton**

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