



Which Class should I choose?

Call 01274 270450 to book your classes now

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

Pilates 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.

Pilates 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. *Coming Soon*

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

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! *Coming Soon*

Pilates Class Timetable

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



Tuesday	6pm	Beginners
Thursday	10am	Improvers
	11am	Beginners
	12am	Beginners

Eccleshill

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