

## Pilates Body course timetable – June - September 2010

### Course Description

**Level 1:** Step by step guide to good Pilates technique and how to optimise your body's efficiency and effective movement.

Introduction to mat work exercise and some equipment based work. *(Please talk to instructors re. organising beginner courses)*

**Level 2:** Consolidate and extend your mat work and equipment Pilates exercise while conditioning your body

**Level 3:** Challenge your co-ordination and body control and work up a potential sweat!

Level	Day	Time	Start date	End date	No. of classes	Cost per course (£)
2	Monday	1330	28/6/10	20/9/10	9 out of 11	121.50
2	Monday	1830	28/6/10	20/9/10	9 out of 11	121.50
2	Monday	1930	28/6/10	20/9/10	9 out of 11	121.50
2	Monday	2030	28/6/10	20/9/10	9 out of 11	121.50
2	Tuesday	1830	29/6/10	21/9/10	10 out of 12	135
3	Tuesday	1930	29/6/10	21/9/10	10 out of 12	135
1	Tuesday	2030	29/6/10	21/9/10	10 out of 12	135
2	Wednesday	1815	30/6/10	22/9/10	10 out of 12	135
2	Wednesday	1915	30/6/10	22/9/10	10 out of 12	135
2	Wednesday	2015	30/6/10	22/9/10	10 out of 12	135
2	Thursday	1400	1/7/10	23/9/10	10 out of 12	135
3	Thursday	1900	1/7/10	23/9/10	10 out of 12	135
1/2	Thursday	2000	1/7/10	23/9/10	10 out of 12	135
2	Friday	0915	2/7/10	24/9/10	10 out of 12	135
2	Friday	1015	2/7/10	24/9/10	10 out of 12	135

*The usual tutor for Monday = Fiona daytime/ Louise evening, Tuesday = Abi. Wednesday = Becky, Thursday = Louise daytime / Becky evening, Friday = Louise*

**Please note that there are no classes on the Monday 30<sup>th</sup> August Bank Holiday or 16<sup>th</sup> August through to the 20<sup>th</sup> August inclusive.**

### Alternative Pilates options

Option	Charge per hour per person
<b>1:1 session</b> <i>Enabling individual assessment, closer supervision and correction.</i>	<b>£45</b>
<b>1:2 session</b>	<b>£30</b>
<b>1:3 session</b>	<b>£20</b>

Any of the above options could be arranged as a one off / regular basis, e.g. a group of 1 - 3 post natal ladies / work colleagues etc. creating their own course at a time that suited them.

With limited availability of level one courses we encourage clients to commence their Pilates training in 1:1 sessions or arranging a beginners small group series of sessions with the view to joining in with the intermediate classes when at an appropriate level. This allows individuals to identify their personal needs more specifically than in a group setting and is particularly beneficial if there has been any history of pain or dysfunction. Please contact an instructor to arrange beginner's sessions.

Please talk to us if your requirements are not being met. We will endeavour to accommodate all.

Dear Pilates enthusiast

Thank you very much for your continued support / your enquiry about the Pilates tuition at Pilates Body. Attached is the course timetable which starts in June / July 2010. It has been over three years since we have increased the price for a course. In order to avoid increasing the fee we may occasionally have 7 people in a class.

Priority booking for those currently on a course will run from today until 20th June 2010. **We will now be accepting payment by standing order and are encouraging you to pay in this way if it suits you.** Alternatively you could pay by cheque (payable to 'Pilates Body') or cash.

To pay by standing order please set up the payment with your bank / building society using the following details:

Account number: 93871985

Sort code: 720004

Reference: "your name" followed by the term paid for. For example:  
Juliette Ranson april-june 2010

Amount: £135 for 10 sessions out of a 12 week course. Please check the amount payable with your instructor if your course includes bank holidays or is of a shorter duration.

**Please ensure that your payment reference is specific to your name and the course you are paying for so that we know that you have paid.**

For new Pilates Body participants please call 0115 9721319 / 07977 239893 (Rachel) / 07905 927563 (Juliette) to discuss the most suitable course or arrange a 1:1 session for assessment and an appropriate plan to be put in place. We recommend that you book a 1:1 session initially, especially if you have had any specific injury / dysfunction for which you are attending Pilates.

All courses will run dependent on numbers.

We apologise but once the course has started no refunds are possible.

If you have any specific queries which you would like to discuss with us prior to signing up to a class please don't hesitate to contact us. We will return your call if we are unable to talk at the time.

We look forward to seeing you soon.

Juliette, Rachel, Louise, Fiona, Abi and Becky.