



## Monday 7.30pm Stretch & Strength Pilates Information Sheet

### What we will cover

Our sessions are based on the original 34 Pilates mat work exercises but with modifications to suit all levels- we start by finding a stable base and then layer in options working with precision and control.

A typical class starts with a standing preparation phase- we get the body loosened off and then go down to the mat- we work lying on our backs, fronts, sides, in all 4's and kneeling- there are lots of options for anyone who can't work in a particular position for whatever reason.

We also add in extra stretching for those problem areas such as hamstrings (back of the legs) and hip flexors (front of the hip), necks and shoulders.

We include mobility work for our major joints particularly the spinal column working in all planes of motion to ensure our bodies move well.

There is of course lots of core and abdominal work (this includes pelvic floor too).

It is a mixed ability group so beginners you would stay with the lower levels and get used to the control and movement of the exercises before progressing onto the higher levels as they get stronger.

### Session Time

Monday 7.30pm.

The session is delivered via Zoom so we can see you and coach you accordingly- and you can ask questions too.

### Clothing and Equipment

#### You will need a mat

If you don't already have a mat, I would recommend one that is between 10-15mm thick and non-slip. The more padded the better for support of your spinal column! Tesco sells some lovely thick, padded ones which are ideal for back comfort and cost around £15. There are lots on Amazon too.

We can use various pieces of small equipment in our Pilates classes. Don't worry too much to start with as you can build this up over time.

#### Other Equipment

- A resistance band
- A small, soft Pilates ball
- A cushion
- A tennis/massage ball

We will not use all equipment each week, but this will allow us to programme for your comfort and stability.

Please wear stretchy clothes. Layers are best as they allow your instructor to see your alignment but you can take a layer off if you get too warm. Please avoid heavy sweatshirt type tops as they mask your back movements.

[www.betterbodytraining.com](http://www.betterbodytraining.com)