



Monday 9.30am

Monday Morning Reset & Rebalance

Pilates Information Sheet

What we will cover

The focus in this session is gentle mobility and functional flexibility (especially for backs and hips)

We aim to shake off stiffness and restore energy for the week ahead:

- Deep stretches
- Re-igniting deep core/pelvic floor connections
- Biomechanical Releases
- Self-Myofascial Releases
- Mobility work for our major joints particularly the spinal column working in all planes of motion to ensure our bodies move well.

It is 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 9.30am.

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
- Small Hand Weights (food cans are a good option too)

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.

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