

Frequently Asked Questions



Where are classes held?

We use local community halls in Hersham, Surrey.

We also run Zoom online live-coached sessions.

Do I need to bring anything with me?

Yes. Over the course of your sessions, we may use the following to either support you or challenge you:

- A mat-ideally a padded one between 10-15mm deep
- A soft Pilates ball
- A resistance band
- A tennis ball/massage ball
- A cushion for optimal alignment and comfort

How many people are in each class?

Each session has different class numbers dependent upon the hall size.

St. Peter's in Hersham allows for 15.

All Saints in Hersham allows for up to 18.

Online sessions are based upon the technology the instructor is using to ensure they can clearly see you to coach and correct.

Are there classes for different levels and abilities?

Yes, there are choices depending upon your needs and experience.

We work hard to offer different ability levels in each session as everybody has strengths and weaknesses that can be programmed for.

This enables everyone to work to their own abilities and push themselves to the next level when able.

We find Pilates lends itself well to this style of teaching.

If you are brand new to Pilates, you would work at the lower levels on offer until you build your understanding of the exercises and strength and flexibility.

We also offer Beginners/Gentle Pilates sessions face to face in Hersham which our specific gentle classes perfect for beginners, returners, and post-natal (unfortunately no babies in class).

Do I need to book in advance?

Yes all courses are pre-booked attendance only so we can monitor numbers appropriately.

How much do classes cost?

Trial classes cost £12 each face to face and £10 online.

Short Courses Face to Face cost £12 per class (paid as a course)

Most members then go onto our monthly direct debit membership which offers slightly lower class prices of £11.38 Face to Face and £9 online.

Please see our page about membership options for full details.

Are classes hands on?

Yes where appropriate. Tactile correction can help you improve your muscular activation and alignment.

Feel free to let your instructor know if you prefer never to have this help.

Do you run classes over the summer?

We offer the option to pay to attend further short courses in addition to your included classes.

Members also have free access to our on-demand Video Vault to get their Pilates fix over holiday periods.

What qualifications do instructors have?

All our instructors have completed a minimum of a Pilates Level 3 Matwork Qualification as well as additional qualifications for a full diploma- please see our team page for everyone's specialisms.

Jo, who manages the team, is a fully comprehensive Level 4 Pilates Instructor & has done many Pilates training courses including (amongst others) Stott, CYQ, Future Fit, Modern Pilates and Fitness Pilates as well as workshops with Rebecca Leone from the USA and Michael King.

She also trains Pilates instructors nationally and has been involved in setting national occupational standards on which qualifications in the UK in Pilates are based.

If you still have further questions, do contact Jo:

Jo@betterbodytraining.com