



## Friday 9.30am 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 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.

Your instructor will come around and help with gentle hands-on correction if needed (and if you are happy with it!).

### Session Times & Venue

9.30am Friday

St Peter's Church Hall, Burwood Road, Hersham

There is plenty of free parking along the main road outside the hall. There are toilets and baby change facilities on site.

### Clothing and Equipment

You will need to bring along your own mat.

If you don't already have a mat I would recommend one that is at least 8mm 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 £12.

As floors can sometimes be a little slippery we recommend that you wear non slip socks when possible. You can buy special non-slip socks (the ones with the little rubber dots on the sole) from many online retailers.