

Beginners Pilates Course Tuesday 10.45am

Session Information

Our Beginner's Pilates class is designed to introduce you to the fundamental principles of Pilates.

This class is suitable for all fitness levels and focuses on controlled movements that help build strength, improve flexibility, and promote better posture.

What we will cover

You'll be introduced to foundational Pilates exercises that will help you develop core strength, control, and coordination.

- Mobilise the Back; Through gentle stretches and movements, we will focus on improving the flexibility and mobility of your spine, reducing tension and stiffness.
- Strengthen the Core; A key focus of Pilates is core strength. We will work on activating and strengthening your abdominal muscles, lower back, and pelvic area to improve overall stability and balance.
- Improve Posture: Pilates is excellent for promoting better posture. We will focus on exercises that align the spine, engage the core, and help you stand taller with more awareness of your body's alignment.

Expect a low-impact, mindful workout that will leave you feeling refreshed and energized!

Your instructor will work with you to get the optimum alignment and work with you any problem areas.

Session Times & Venue

10.45am Tuesday

All Saints Church Hall, 13 Queens Road, Hersham, KT12 5LU.

There is a large ,free car park.

The hall is at the back on the car park(not in the actual church building)

As you enter through the double doors, turn right into the main hall.

Your instructor is called Megan.

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 & Amazon sell some lovely thick, padded ones which are ideal for back comfort and cost around £12.

As you progress with your Pilates practice, we will ask you to bring in some extra pieces of equipment such as a resistance band, a small Pilates ball and a small cushion or towel. These will all help you with your alignment and comfort.

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.

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 and in locally we have bought them from Sweaty Betty and Aldi in the past.

Tips for Success

Listen to Your Body: Pilates is all about control and precision. Focus on moving mindfully and don't push yourself beyond your limits. It's okay to modify exercises or take breaks as needed.

Consistency is Key: Pilates is a practice, and the more regularly you attend, the more benefits you will see. Aim to come to class consistently to build strength and improve over time.

Ask Questions: If you're unsure about any exercises or need modifications, don't hesitate to ask the instructor for guidance.

We're here to support you every step of the way!

Enjoy your Pilates journey, and we look forward to seeing you in class.

www.betterbodytraining.com