



Tuesday 9.45am Core and More Functional Weighted Pilates Information Sheet

What we will cover

Unlock a new level of fitness with our "Core and More Functional Weighted Pilates" class!

This innovative workout seamlessly blends the core-strengthening techniques of traditional Pilates with the dynamic benefits of functional weight training.

Perfect for all fitness levels, this class is designed to help you build strength, enhance flexibility, and improve balance, making everyday tasks easier and more efficient.

Key Benefits:

1. ****Functional Fitness for Everyday Tasks****: Our exercises are crafted to mirror real-life movements, ensuring that the strength and flexibility you gain in class translate seamlessly to your daily activities. Whether lifting groceries, playing with your kids, or improving your posture, you'll find everyday tasks become more manageable and less taxing on your body.
2. ****Boosted Metabolism****: By incorporating weights into your Pilates routine, you'll increase muscle mass and ramp up your metabolism. This combination not only helps in burning more calories during the workout but also boosts your resting metabolic rate, helping you maintain a healthy weight more effectively.
3. ****Enhanced Core Strength****: A strong core is the foundation of a healthy body. Our targeted Pilates exercises focus on building deep core strength, improving your stability, and supporting your spine. This leads to better posture, reduced back pain, and a solid base for all physical activities.

What to Expect:

****Dynamic Workouts**:** Each class features a variety of exercises that target every muscle group, keeping you engaged and challenged. We will work in standing, seated and on the mat.

****Expert Instructors**:** Our experienced instructors provide personalised guidance and modifications to suit your fitness level and goals.

****Supportive Environment**:** Join a community of like-minded individuals who motivate and support each other in achieving their fitness aspirations.

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.

Class Details:

Every Tuesday 9.45am.

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.

(Also every Friday 9.30am Online via Zoom)

Duration: 55 minutes

Equipment:

- You will need a mat: We recommend a padded mat 10-15mm thick. If you have a thinner mat then a towel can improve comfort.

- You will also need some light weights-Water bottles can also work well as weights.
- A cushion helps neck alignment