



FITNESS PILATES

Before you begin ...

Class format:

- Each **new** participant will be required to fill in a "Health Screening" form (treated in strictest confidence).
Please come 10 mins early to your first class to complete the form and discuss any contra-indications you may have. Thank you.
- This class is designed for both beginners to intermediate.
- There is warm-up with "easy to follow" moves & stretches.
- There will be a "standing" section combining strength, posture & balance moves.
- Floor work follows, using classic Pilates moves.
- We will not be using any equipment other than optional weights.
- This class is **NOT** about diet or weight loss. However, Pilates is known to increase metabolic rate.
- Music will be appropriate to provide a relaxed ambient affect.

You will need:

- Comfortable warm clothing, allowing free movement ie: trousers/shorts and top. Make sure trousers do not fall down and tops aren't too baggy as they will get in the way. Ladies: please wear supportive tops.
- Trainers or "plimsole" style footwear. You can take your shoes off for any floor work if this is more comfortable.
- Water.
- Mat to work on. A rubber style mat is the best but a thick towel will suffice.
- Last, but by no means least; whilst Pilates requires concentration, I do not intend for us to be so serious that we can't laugh at ourselves, and I believe that humour is an essential part to any exercise regime.

Do not exercise if:

- You are feeling unwell
- You have just eaten a heavy meal
- You have a bad hangover or have been drinking alcohol
- You are taking painkillers, as this will mask any warning pains

NB: If you are undergoing medical treatment, are pregnant or injured, please consult your medical practitioner. It is always advisable to consult your doctor before you take up a new exercise regime.