

Local Pilates Classes

Availability:

- ◇ Year round classes (12 - 15 every week)
- ◇ Mornings (from 9.15am - 12.15pm)
- ◇ Evenings (from 3pm - 9pm)

Classes available

- ◇ Pilates Beginners
- ◇ **Pilates Intermediate**
- ◇ Ball Classes
- ◇ **Stretch Classes**



Bookings:

- ◇ Block bookings (4 & 8 week courses)
- ◇ One-off taster classes
- ◇ Annual subscription
- ◇ Flexible online booking option

Book a taster class now - see if it's for you enquiries@metimepilates.co.uk

Quote - "In **ten** sessions you'll feel the difference, in **twenty**, you'll see the difference and in **thirty**, you'll have a **New Body**" - Joseph Pilates.

SECURE PAYMENTS BY **PayPal**



Expect - Only the very best

Our Instructors are:

- ◇ Registered with REPs
- ◇ Pilates level 3 qualified
- ◇ First aid trained
- ◇ Fully insured
- ◇ 10+ years experience
- ◇ Passionate about Pilates
- ◇ Provide personalised teaching



fitpro

We offer highly personalised teaching, with a warm, caring approach. At 'Me..time' Pilates® we're passionate about giving everyone individual guidance and personal feedback in our classes.

Let's get social



Follow us **@metimepilates**

Book a class now - come and see how Pilates or Stretch will benefit you
Email us enquiries@metimepilates.co.uk

'Me..time'
Pilates®

It's a way of life!

**Professional specialists
for everything Pilates!**



Pilates Classes

Stretch Classes

Equipment

T-Shirts / Clothing

Gifts



e: enquires@metimepilates.co.uk

w: metimepilates.com

t: 07791 873 870

Key Benefits of Pilates

- ◇ Improves mobility and flexibility of the spine
- ◇ Increases muscle tone and flexibility
- ◇ Promotes a more efficient & supportive **'Core'**
- ◇ Increases stability for the pelvis & shoulders
- ◇ Fosters the health of joints through improved mobility and support from the surrounding musculature
- ◇ Complements training for athletes
- ◇ Facilitates injury prevention and physical rehabilitation
- ◇ Builds better posture, balance & co-ordination
- ◇ Pilates offers a safe and excellent form of exercise for Pre & post-natal women
- ◇ Alleviates aches and pains
- ◇ Helps maintain & can improve bone density
- ◇ Develops the function and efficiency of the lungs with an improvement in circulation
- ◇ Offers a safe and beneficial form of exercise for a wide range of medical conditions, including Scoliosis, Osteoporosis, Arthritis & Multiple Sclerosis
- ◇ Relieves stress, tension & promotes a feeling of well-being



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Is Pilates for you?

- ◇ Need strong Core muscles to improve posture?
- ◇ Suffering with Back aches and pains?
- ◇ Sore and stiff joints?
- ◇ Need rehabilitation following a recent injury or surgery?
- ◇ You've got limited mobility and flexibility?
- ◇ Poor muscle tone?
- ◇ Want to improve your sports performance?
- ◇ Poor posture causing you aches & pains?
- ◇ Getting into shape following Childbirth?

Did you answer yes??

Pilates is for you!!



Your Sports performance could benefit from Pilates

- ◇ **Rugby & Football** (Improves co-ordination, mobility & overall flexibility)
- ◇ **Golf** (Develops core strength / flexibility and improved posture)
- ◇ **Horse Riding** (Deep core strength, postural alignment & body balance)
- ◇ **Skiing & Snowboarding** (Build a strong core which creates a flexible & resilient structure)
- ◇ **Running** (Builds long, strong flexible muscles which lessens the risk of injury)

Stretch Classes

Stretch classes embrace classic Pilates principals to improve the bodies posture, flexibility, mobility, balance and overall co-ordination.

All this, without the intense focus on the core muscle isolation required for Pilates, making it ideal for just about anyone who needs to **Stretch!**

Is Stretch for you?

- ◇ Generally fit & active, looking to improve overall mobility and posture?
- ◇ Starting to feel stiff?
- ◇ Struggling with minor aches and pains?
- ◇ Not as flexible as you'd like?
- ◇ Recovering from an accident or injury?

Still not sure?

Top 5 reasons to Stretch!

- ◇ Reduce muscle tension.
- ◇ Increase range of movement in joints.
- ◇ Enhance muscle co-ordination.
- ◇ Increase circulation of the blood to various parts of the body.
- ◇ Increase energy levels



Pilates or Stretch Classes are suitable for all ages & fitness levels