



BEDFORD HOUSE

Arts – Crafts – Fitness – Leisure – Room Hire
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Pilates

Tutor: *Belinda Payne*

Classes will start slowly to concentrate on the fundamentals of Alignment, Breathing and Centring, and to practise correct muscle engagement. As the term progresses more exercises will be introduced. The intermediate class is suitable for those who have had previous experience of Pilates classes, and is a gradual progression to exercises which require more control and core strength.

Each class will consist of three phases.

Preparation phase: Relaxation and focus on breathing, alignment and activating the core muscles. Mobilisation of joints.

Main Phase: Exercises for strength and stability, mobility and flexibility using flexion, extension, lateral flexion and rotation.

Closing phase: Stretching and relaxation. Returning to standing ready to leave feeling lengthened and toned with a calmness of mind.



Please wear comfortable clothing, for example leggings or tracksuit bottoms with elasticated waist, t-shirt and socks.

Please bring your own mat. Most people are more comfortable with a small pillow or folded towel to support their head when lying on their back.

Pilates is a gentle form of exercise suitable for everyone, however not all exercises will be suitable for clients with certain conditions. A modified or different exercise will be given when necessary.