

ATPILATES

WWW.ATPILATES.CO.UK

DENMEAD,
EMSWORTH &
WATERLOOVILLE



Denmead
Community
Centre since
2010

Emsworth &
Waterlooville
Community
Centres from
2017

Pilates in 2017

What happened in 2017?

New Website: I hope you all have had an opportunity to look at the website, managed to log on, register, complete your Health Screening Form and perhaps booked a class?

New Classes: Mondays in Emsworth Community Centre, 9.15 and 1030 am and Wednesdays at 11.30 am in Waterlooville Community Centre, Maurepas Way.

Class times

Mondays 9.15 am and 10.30 am
Tuesdays 5.30 pm and 6.30 pm
Wednesdays 11.30 am

Class sizes are limited so please contact Alison to find out about availability.



How do I pay for classes?

On the first session of each block, please pay with cash or **book and pay on-line** using BACS or PayPal. Alison also now takes debit/credit cards.

If you would like to pay by BACS, please ask Alison for details

HOLIDAY Dates

The last classes of 2017 will be the **week ending Friday 22 December.**

The new season of 2018 starts **week beginning Monday 8 January.**

PERFORMING Pilates Exercises

All exercises need to be carried out in a thoughtful way. By this I mean you need to consciously think about inhaling through the nose, engaging your Core and Pelvic Floor Muscles and then perform the exercises whilst breathing out through the mouth. It's an integral part of the exercise and ensures that each repetition can be carried out at the same speed ie slowly, continuously and with focus. Doing this thoughtfully ensures that the deep abdominal muscles are properly engaged, not just your surface abdominals!

Contact Alison on 07576 283882 if you cannot Attend a class for any reason



These comments will help me to improve your Pilates experience in 2017

Some of you have been doing Pilates for a while, whilst others have only just begun their Pilates journey

What do you feel you have gained this year from attending Pilates?

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Is there any aspect of Pilates you particularly enjoy? If so, why?

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Anything you would like more of / less of? Eg more / less stretching, or different equipment, a particular exercise?.....

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Are you aware you may switch classes if you need to / wish to? YES / NO

Are you aware that there are different payment methods? ie Cash, BACS, Debit/Credit Card? YES / NO

Did you know that Alison has a Pilates website? (www.atpilates.co.uk) YES / NO

Any other comments you might like to add about teaching style, music, environment, etc

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If you have answered "NO" to any of the above questions, please talk to Alison.

Contact Alison Thompson on e-mail:

info@atpilates.co.uk

www.atpilates.co.uk

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