

ATPILATES - 2017

WWW.ATPILATES.CO.UK

DENMEAD,
EMSWORTH &
WATERLOOVILLE



*Pilates classes at
Denmead Community
Centre (since 2010)*

*Emsworth &
Waterlooville
Community Centre
from 2017*

New classes in 2017!

**Waterlooville Community Centre,
Maurepas Way, on Wednesdays
from 11.30 am – 12.30 pm**

**Emsworth Community Centre from
9.15 am and 10.30 am on Mondays**

ALL CLASS TIMES

Emsworth **Mondays** 9.15 am -10.15
am and 10.30 am – 11.30 am

Denmead **Tuesdays** 5.30 – 6.30 pm
and 6.30 pm – 7.30 pm

Waterlooville **Wednesdays** 11.30 am -
12.30 pm

Class sizes are limited so always first
check with Alison first to find out
about availability.

Please take the opportunity to look at
the website and log on, register,
complete your Health Screening Form
and perhaps book a class? Your
feedback is always welcome!

HOW DO I PAY FOR CLASSES?

I am now **taking credit or debit
cards**, but you can also pay cash on the
first session of each block. **Book on-
line** and pay using BACS or PayPal.

If you would like to pay by BACS,
please ask Alison for details. Classes
are always booked in blocks of 6
consecutive weeks, which includes one
free session.

HOLIDAY DATES

Next holiday period is around
Christmas when there will be no classes
from 25 December to 5 January 2018
inclusive.

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!

Please complete the feedback form
overleaf and return to Alison!



WEBSITE



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

If you wish, you can complete this anonymously.

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 so far 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? Eg debit/credit cards, cash, cheques, BACS? YES / NO

Did you know that Alison has a Pilates website? 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

