

ATPILATES - 2020

WWW.ATPILATES.CO.UK

DENMEAD,
EMSWORTH &
WATERLOOVILLE



Pilates classes at
Denmead
Community Centre
(since 2010)

Emsworth &
Waterlooville
Community
Centre from 2017

WHAT A YEAR it has

been! We hope that you have been in good health from lockdown at the end of March to the end of August 2020! With effect from 1 September 2020 classes will be resuming at both Denmead and Waterlooville Community Centres. At the time of publication, a return date to Emsworth is still uncertain.

CLASS TIMES

Emsworth To be confirmed

Denmead Tuesdays 6 pm – 7 pm

Waterlooville Wednesdays 11.30 am -12.30 pm

All class sizes limited due to Covid.

Feedback

Your feedback is always welcome!

Please email Alison with your comments.

HOW DO I BOOK?

[All classes are bookable via the "Book Classes" page of the website](#)

Please look at the website (atpilates.co.uk) log on, register, [complete your Health Screening Form](#) and book!

HOW DO I PAY FOR CLASSES?

Register and [Book on-line](#) and pay using Bank Transfer (BACS).

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.

Places are limited in each session, so it is important to secure your place by [booking and paying in advance](#).

BENEFITS OF PILATES

Through the regular practice of Pilates, appreciating the main principles ie Centring, Control, Concentration, Precision, Breath, Flow, it is possible to improve posture, flexibility and muscle length.

Imagine growing older, with muscles shortening and losing tone.

Practicing the exercises regularly in a Pilates class will help lengthen and strengthen those muscles, enabling you to walk taller and sit straighter. You will also look more confident!

The classes are very friendly and welcoming. We look forward to seeing you soon!



CIMSPA
PRACTITIONER

