

# Getting started with CHAIR BASED PILATES

## **Fun, friendly, small group chair based Pilates**

These classes are designed for you if you'd like to enjoy Pilates, but aren't able to access mat Pilates. Whether you have difficulty getting up and down from the floor, can't access the upstairs studio or struggle with your balance.

Experience the benefits of Pilates in a seated, accessible format. This beginner-friendly class improves posture, core strength, flexibility, and balance using a chair for support. Ideal for those with limited mobility or new to Pilates, you'll be guided through gentle movements that engage muscles and promote relaxation. Perfect for anyone seeking a low-impact workout that enhances both physical and mental well-being.

- Exercise safely under guidance and supervision of our Therapy Team
- Improve your confidence and feeling of wellbeing
- Enjoy a fun, social and supportive exercise experience

### **What do the sessions involve?**

Each weekly session consists of:

- A 45 minute small group class
- Includes a gentle warm up, breathing exercises, a series of chair based Pilates exercises and a drink break!
- A range of different exercises targeted to improve fitness, strength, flexibility, mobility, posture and balance
- Education, advice and support to help you learn more about exercising as you age
- Flexible booking - book in advance or on a weekly basis

**There is a maximum of 6 people per session, so you are well supervised and have the benefit of being both well supported and progressed and enjoying exercising with other people. The sessions are fun and social!**

Choice of 2 classes a week  
Monday 11am & Friday 12pm

### **Try Your First Class for FREE!**

£15 a class or £135 for 10 classes

Speak to reception to book your class or give us a call



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