

SOUTH WORCESTERSHIRE PILATES®

17 Clarks Hill Rise • Hampton • Evesham • WR11 2FW
01386 40470 • www.southworcestershirepilates.com

Pilates Matwork Classes 2012

- **Block 41** Tuesday 3rd January – Thursday 9th February 6 weeks £54
 - **Block 42** Tuesday 21st February – Thursday 29th March 6 weeks £54
 - **Block 43** Tuesday 17th April – Thursday 31st May 7 weeks £63
 - **Block 44** Tuesday 12th June - Thursday 19th July 6 weeks £54
- **Taster / one off class** £12 (booking + completion of health summary form essential)

Class Levels, Times & Venues ~ Block 41

- 1 hour of Pilates, followed by 5 minutes of relaxation
- Booking is essential for all Group Classes as numbers are limited to a maximum of 12

Tuesday	6.30pm	Improvers Level 2	Cherry Orchard First School, Cherry Orchard, PERSHORE, WR10 1ET
	7.45pm	Intermediates Level 3	
Wednesday	9.30am	Intermediates Level 3	Persore Town Hall, 34 High Street, PERSHORE, WR10 1DS
	10.45am	Improvers Level 2	
	6.30pm	Intermediates Level 3	Cherry Orchard First School, Cherry Orchard, PERSHORE, WR10 1ET
	7.45pm	Advanced Level 4	
Thursday	9.30am	Intermediates Level 3	Eckington Memorial Hall, School Lane, Eckington, WR10 3AU
	10.45am	Improvers Level 2	
	6.30pm	Intermediates Level 3	Cherry Orchard First School, Cherry Orchard, PERSHORE, WR10 1ET
	7.45 pm	Advanced Level 4	

Pilates Studio Lessons

- Standard lessons 1 hour in length
- Rehabilitation lessons 45minutes in length
- Block payments for Studio lessons are valid for 6 months

- **Individual:** Single Lesson ~ £40, Block of 3 ~ £114, Block of 5 ~ £180
- **Shared Matwork:** Single Lesson ~ £50, Block of 3 ~ £142, Block of 5 ~ £225
- **Rehabilitation :** Single Lesson ~ £30, Block of 3 ~ £85, Block of 5 ~ £135

Monday	10:00	11:30	13:30	15:00	16:30	18:00	Pilates Equipment Studio 17 Clarks Hill Rise, Hampton, Evesham, WR11 2FW
Friday	10:00	11:30	13:30	15:00	16:30	18:00	

Referral Bonus

Clients receive a £10 voucher for each referral that attends an initial private lesson or a block of group classes. The voucher can be redeemed in part payment for group classes or private lessons.



Matwork • Reformer • Cadillac
www.bodycontrol.co.uk



Back4Good Practitioner
www.back4good.eu



Level 4 Specialist Instructor
www.exerciseregister.co.uk



Backcare Professional
www.backcare.org.uk