



GREEN PILATES MOVEMENT STUDIO

Class descriptions

If you are unsure about which is the right class for you, please contact us to discuss it info@greenpilates.org

Classes in a Green box are gentler and more suitable for those with any injuries, joint problems or restricted movement

Chair Aerobics

This is a fun class suitable for everyone, it includes some aerobic moves in the chair, some strength work using bands and weights, and a gentle stretch.

Chair Pilates

This is a fantastic class for those who want to enjoy the benefits of Pilates but find getting up and down from the floor difficult. We use a range of equipment to get a full body workout and we have a lot of fun and laughter.

Chair Yoga

This is a great class for those find getting up and down off the floor challenging, it includes a range of poses and movements as well as a range of breathing techniques. It is suitable for all abilities with options and adaptations.

Restorative Pilates

Pilates Matwork classes are not only fun, designed to help you improve flexibility and strength. Our Restorative class is great for those with injuries, joint problems, restricted movement or new to Pilates.

Classes in a white box are suitable for everyone

Express Abs

Blast those ab muscles, with this short abs workout.

Body Blast

A lower body workout which will Tone and tighten from your abs to your hips and heels. The classes are designed and taught so you will improve and strengthen isolated muscle groups in your butt, legs, hips, lower back, inner and outer thighs.

Boxercise

This class is a Challenging but fun class which incorporates the eight Boxercise punches combined with high and low intensity moves and body weight exercises. Boxercise is a 45 minute workout and a a great fat burner. If you have your own pads and gloves, feel free to bring them with you. We have sets you can use and leave a deposit to use those same sets each class.

ChiBall

ChiBall is a mind body exercise programme that combines the philosophy of traditional Chinese medicine (TCM) with Colour and Aromatherapy plus Musicality and Movement.

Circuits for ALL

This class involves strength work, flexibility, and cardio for a full body fitness workout, it is suitable for everyone each exercise has modifications including a chair for those who want to sit, unlike traditional circuits, you will stay on your mat or chair

LBT

This is a classic class Legs, Bums and Tums, working this area through cardio and strength work.

Pilates ALL

Pilates is a fantastic method used to help improve strength, flexibility, mobility, overall movement and tone. Pilates ALL is suitable for all levels and abilities.

Pilates for Beginners

New to Pilates? No problem this class will help you to understand the principles of Pilates, the exercises and how to improve your strength and health using the Pilates method

Supple Strength

This classes includes a range of exercise to improve strength, flexibility, mobility and flow of movement. The exercises can be adapted to suit individual needs and abilities and the music will encourage flow of movement.

Yoga (and meditation)

Yoga means unite or join, bringing together of mind and body through our breath. Our Yoga class will begin and end with relaxation, sun salutations and various postures (asanas). Yoga is suitable for all abilities with options and adaptations.

Zumba

Zumba is a Latin American rhythm based workout which is fun, energetic and sweaty! just give it a go! Zumba is about feeling good, enjoying exercise and finishing a workout with a huge smile on your face! Suitable for all levels and abilities

Zumba Gold

This is class is done at a much lower intensity than Zumba but it's just as much fun just not as fast! This class can be done standing, with the support of a chair, seated or a mixture of all three.

Price list

First class free, £7 per class after that,

monthly passes available, please speak to a member of our team