

Green's Class descriptions

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

<p>Classes in Green are gentler and more suitable for those with any injuries, joint problems or restricted movement</p>
<p>Better Balance Struggle with your balance? Worried about falling? This class uses strength, static and dynamic exercises to improve your balance. Research based exercise to give research-based results.</p>
<p>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.</p>
<p>Chair Aerobics & Chiball at Polly Fields Village, Church Lane, Bocking Once a week I am at Polly Fields Village, the class is 20 minutes chair aerobics and 20 minutes seated Chiball. You can do either or both and don't have to be a resident at Polly Fields to join in.</p>
<p>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.</p>
<p>Mid-week meditation This class starts with basic breathing and includes mediation protection, visual mediation, healing meditation, gratitude practice and finishes with a healing drum session, suitable for all and can be done seated or lying. Please bring a blanket</p>
<p>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.</p>
<p>Classes in a white box are suitable for everyone</p>
<p>Cuppa and chat Come and join us for a cuppa and chat, this will run every LAST Wednesday of the month and is free to everyone.</p>
<p>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. This class can be done seated or standing.</p>
<p>Dance Fit This fun dance class teaches you to move like a dancer, have fun and gives you a good workout. The moves are all low impact and suitable for all levels of fitness.</p>
<p>Friday Fitness This class involves strength work, flexibility, and cardio for a full body fitness workout, it is suitable for everyone each exercise has modifications and options.</p>
<p>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.</p>
<p>Spirals This class is based on Spiral-Diagonal Patterns to increase flexibility and mobility, improve coordination and balance and develop cardiovascular capacity. This class can be done seated or standing.</p>
<p>Yoga 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.</p>