

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

Ballet Barre Workout

This full body workout is inspired by traditional Ballet Barre, combined with strengthening, toning exercises using balls and bands, all with a calm, classical sound track. Whether you have never danced before or are keen to awaken those ballet skills, this class will improve posture, coordination, strength and mobility. It has been designed specifically for seniors, but all are welcome.

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. This is also at Polly's Field, you don't have to be a resident to join in.

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.

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.

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.

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.

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.

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

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.

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.

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.

Train to regain

This gentle class is chair based, with some standing work for those able to, suitable for all levels to improve strength, mobility and flexibility. This is also at Polly's Field, you don't have to be a resident to join in.

Tuesday 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.

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.