

Class descriptions



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

Movement classes
Balance and Strength Circuit Using a mix of bodyweight, resistance equipment, and low-impact training methods, this class helps enhance muscular strength, joint stability, and posture—supporting everyday movement and reducing injury risk.
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.
Chair Yoga A gentle, accessible yoga class designed to support mobility, strength, and relaxation. This class uses seated and supported standing movements, focusing on breath, posture, and mindful movement.
ChiBall ChiBall is a mind body exercise programme that combines the philosophy of traditional Chinese medicine with Colour and Aromatherapy plus Musicality and Movement. This class can be done seated or standing.
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.
Functional Fitness circuit 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.
Group Pilates reformer Feel the power of the traditional Pilates method using our group reformers. It is recommended to have a 121 before joining a class. These classes are not covered in the monthly pass
Group Reformer & Tower Flow Feel the power of the traditional Pilates method using our group reformers and group towers. It is recommended to have a 121 before joining a class. These classes are not covered in the monthly pass
Line Dancing Low impact, great music and a fun class with beginner steps, great for balance, coordination and overall general fitness
Matwork Pilates Pilates is a fantastic method used to help improve strength, flexibility, mobility, overall movement and tone. This class is suitable for all levels and abilities.
Matwork Yoga Reconnect with your body and mind through this grounding, mat-based yoga class. Focusing on breath, alignment, and mindful movement, designed to improve flexibility, strength, and overall balance.
Mid Week Meditation This class starts with basic breathing and includes mediation protection, visual mediation, healing meditation, gratitude practice and a healing drum session, suitable for all, can be done seated or lying.
Pilates Barre A graceful fusion of Pilates precision and barre-inspired movement, this class focuses on building long, lean strength while improving posture, balance, and control.
Restorative Matwork 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.
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.