



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

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

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.

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.

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.

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.

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 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.

Pilates Equipment

Joseph Pilates invented and taught his method originally on a range of equipment, these include the reformer, wunda chair and the barrel. We offer 121 and duet sessions on the equipment, using the Pilates equipment provides huge benefits to movement, strength, flexibility and overall health

Price list

First class free, £7 per class after that, monthly passes available.

Pilates Equipment – 121 and duet's available prices vary

Please speak to a member of our team