

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

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.

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.

Dynamic Flow

This class combines body conditioning with flow and challenge for a full body workout.

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.

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.

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

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.

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.

Line Dancing

Low impact, great music and a fun class with beginner steps, great for balance, coordination and overall general fitness

Group Pilates Apparatus classes

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

Reformer & Tower Flow

Feel the power of the traditional Pilates method using our group reformers and group towers as we move between the two pieces of apparatus. It is recommended to have a 121 before joining a class. These classes are not covered in the monthly pass