

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