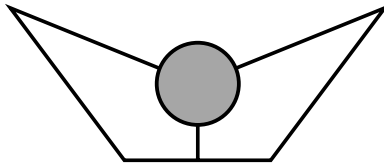


INFORMATION

PHYSIO PILATES



The Physio & Pilates Centre Limited
Unit 5 · 3 Hawthorn Lane · Wilmslow
Cheshire SK9 1AA

Telephone 01625 252767

Email julia@physiopilates.co.uk
www.physiopilates.co.uk

SEPTEMBER 2010

A B O U T T H E C E N T R E

Welcome to **The Physio & Pilates Centre** and we look forward to working with you towards improved posture and body balance and tone.

Julia Atherton is a chartered and state registered physiotherapist. **Jane Hall, Diane Cook, Lorraine North** and **Pauline Walsh** are members of the Body Control Pilates Association.

Pilates aims to re-address the muscle imbalances of the body to improve posture and movement patterns. It is suitable for all levels of fitness and ability. We work in a slow controlled way to make the exercises suit you in order to gain success from the methods evolved from Joseph Pilates in his 1920's New York studios.

Clients need to complete a confidential health questionnaire.

We recommend that all new clients attend a one to one session before commencing a beginners class. If this is not possible, we recommend a beginners course. You need to have grasped the basic principles of Pilates exercises ie: lateral breathing, finding the neutral pelvis position and isolating the deep abdominal muscles before moving on to learn the other exercises. To book a one to one please call the studio.

If you miss out on the basics you really cannot gain the most from classes. It also gives us a chance to get to know you and be aware of any specific problems you may have.

Remember it's you doing the exercises and becoming aware of your body and how it moves. We are guiding you on that road and want you to reach your potential in freedom of movement and improved posture.

The Physio & Pilates Centre Ltd. is situated in the centre of Wilmslow. It has changing and toilet facilities. Parking can be found in Waitrose and the Leisure Centre car parks. There is restricted parking on Hawthorn Lane. Unit 5 is the first door on the right as you go down Watsons Mews, which is at the back of the Royal Bank of Scotland.

Classes

Please see the class timetable and charges information. Classes normally run in six week blocks, half-termly.

- **Beginners courses are Monday 6.15pm and Friday 2.30pm.**
- To book, please fill in the booking form and send it with your fee and questionnaire to the centre.
- Classes last one hour.
- Studio sessions, including reformer work, now available – please ask for details.

Private Consultation – by appointment only.

| | |
|--|----------------|
| Initial consultation (1hr 15 mins) | £60.00 |
| One hour session | £48.00 |
| Course of 5 one hour sessions | £225.00 |

If you are unsure of your suitability for Pilates exercise a one to one session is recommended. We can then talk through any specific problems you may have and recommend the best class for your ability level. This is one to one but you can partner up with a friend if you wish (maximum 3 people).

We would like to draw your attention to our class and one to one policies.

Classes are usually booked in 6 week blocks. If you miss a class you can make that class up within the 6 week block by asking Penny or a teacher to check if there is a space available on the alternate class you wish to attend. We reserve the right to refuse if the class is too full. Please note missed classes cannot be carried over to the next block. You can book your place in a class by filling in this white booking form – coloured forms are for current clients and are usually available from week 3 – 4 for the next block of classes. Places can only be held by a cheque for the full amount.

We do not give refunds.

There is a fee of £10 for one to ones cancelled with less than 48 hours notice and this will be payable on attendance of the next appointment.

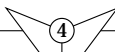
If you have any queries please do contact us – we are not always able to answer the phone but please do leave a message and note Penny mans the phone on Tuesday and Thursday mornings.

We look forward to seeing you soon.

Visit our website: www.physiopilates.co.uk

Have you completed a questionnaire?

Did we spell your name and address correctly?



CLASS TIMES

September 2010

Please keep this timetable for reference.

| DAY | TIME | LEVEL | TEACHER |
|------------|-------------|--------------|----------------|
| Monday | 9.45am | 3 – 4 | Julia |
| | 11.00am | 2 – 3 | Julia |
| | 6.15pm | Beg. Course | Jane |
| | 7.25pm | 2 | Jane |
| | 8.30pm | 3 | Jane |
| Tuesday | 9.15am | 2 – 3 | Diane |
| | 1.30pm | 1 – 2 | Jane |
| | 6.00pm | 1 – 2 | Jane |
| | 7.10pm | 3 | Jane |
| | 8.20pm | 4 | Jane |
| Wednesday | 9.45am | 3 – 4 | Diane |
| | 7.00pm | 3 – 4 | Julia |
| | 8.15pm | 2 – 3 | Julia |
| Thursday | 10.00am | 2 – 3 | Lorraine |
| | 6.20pm | 1 – 2 | Pauline |
| | 7.30pm | 2 – 3 | Pauline |
| Friday | 9.15am | 3 – 4 | Diane |
| | 10.30am | 3 | Diane |
| | 12.00pm | 2 – 3 | Pauline |
| | 1.15pm | 1 – 2 | Pauline |
| | 2.30pm | Beg. Course | Pauline |

CLASS LEVEL DETAILS

If you are unsure please ask your current teacher.

Obviously we look at individuals but the levels give you a better guide as to which class to attend.

- **Beginners Course**

Complete beginners' covering basic Pilates principles and exercises.

- **Level 1**

A follow on course from beginners.

- **Level 2**

Follow on beginners to intermediate.

- **Level 3**

Intermediate.

- **Level 4**

Intermediate to advanced.

Depending on underlying problems, you need to have been coming to classes continually for at least one year and know your own variations of certain exercises.

Some of the classes span two levels ie: 2 - 3 or 3 - 4.

We have to do this to have some flexibility (pardon the pun!) to accommodate differing abilities and help you all develop at your own rate.

C H A R G E S

| | |
|--|----------------|
| Six week course (payable in advance)..... | £57.00 |
| Private sessions – Initial consultation (1hr 15 mins)..... | £60.00 |
| Private sessions – Per hour (maximum 3 people) | £48.00 |
| Five pre-paid one to ones | £225.00 |

B O O K I N G P R O C E D U R E

All classes must be pre-booked. Please fill in the booking form and questionnaire. Classes commence week beginning 6th September 2010.

THIS IS A 6 WEEK COURSE. COST £57.00.

A post-dated cheque (6th September 2010) for the full amount will reserve your place. **Please return your form and questionnaire as soon as possible.**

Please note places cannot be held without a post-dated cheque.

Classes will run with a minimum of 6 persons. In the event of your chosen class not running we will try to offer an alternative class.

If you miss a class you can make it up within the block by attending another class – check with staff if there is a space. Missed classes **cannot** be carried over to the next course.

No refunds will be made for unattended classes.

Please ensure you are booked into a class before attending. If you are unsure, please contact us.



BOOKING FORM

for Pilates Classes — September 2010

Please detach and return to the address below, with your completed health questionnaire.

Name

Address

.....

Telephone

Email

Day & time preferred

Payment enclosed £

Please make cheque payable to individual class teacher:

(ie: Jane Hall Pilates Ltd or Pauline Walsh.)

If you miss one of your booked classes you can request to make up that class by attending another time, if there is a space. However, at busy times we may not be able to meet your request. Missed classes cannot be carried over to the next course.

FOR OFFICE USE

We confirm your space on class

Start date

Thank you for payment of £

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