

ONE-TO-ONE *Pilates*

One-to-one Pilates sessions are held in our Well-being centre. These sessions are tailored to focus on your specific needs. A Pilates one-to-one session can provide a more thorough understanding of Pilates exercise technique, giving you the confidence to join Pilates classes.

The benefits of having one-to-one Pilates are:

- At a time to suit you
- Allows complete focus
- Enables correct technique
- Working at an your own pace
- Builds confidence
- Motivate you to join a class



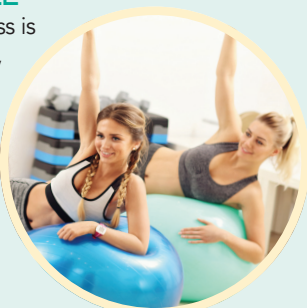
YOGA

Vinyasa yoga is a discipline that utilises posture and breathing techniques. This form of yoga offers a range of health benefits to those who practice yoga, as it encompasses all areas of mind and body. Vinyasa yoga is often faster paced, and the postures are linked together in a series of movements that are synchronised with the breath, with the emphasis being placed on the transition in and out of the postures.



PILATES ON SWISS BALL

Using the swiss ball in the Pilates class is an effective way of building muscles, endurance, strengthening your core, and developing flexibility and balance.



MEMBERSHIP

At Premier Pilates we offer a fantastic membership which is the most cost effective way to enjoy the classes of your choice.

3 months membership	£50.00 per month
12 months membership	£45.00 per month

CLASSES

With a qualified instructor

Pilates and Yoga Classes	£9.00 per class
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ONE-TO-ONE

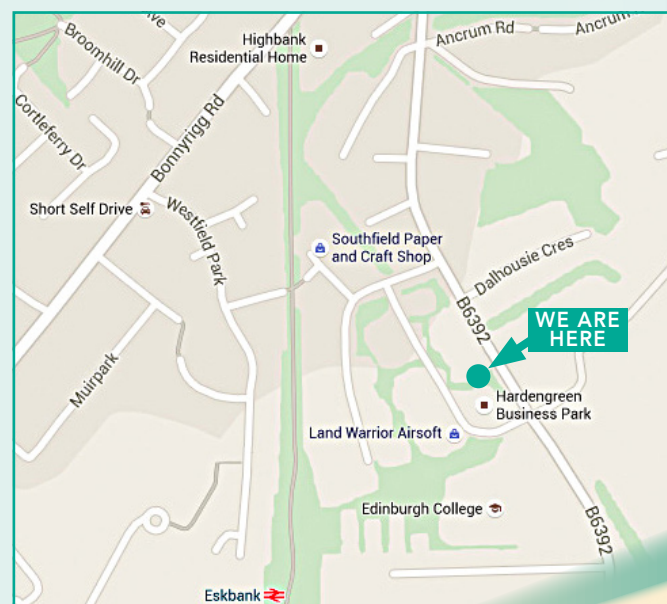
£30.00

Come and join our classes in the comfort of a fully air conditioned studio.

OPENING TIMES:

Monday – Friday 9.30am-11.30am,
Saturday 8.30am-10.30am,
Monday – Thursday 6.00pm-9.00pm

where to find us



**40/7 Hardengreen Business Park,
Dalhousie Road, Eskbank, Dalkeith
EH22 3NU Mobile: 07585 337809**

Email: ppfstudios@hotmail.co.uk
www.premierpilates.org



MAT PILATES

Pilates is a strengthening program for all levels of fitness. It is great as a challenging workout for the fitness enthusiast or to aid in recovery from surgery or injury.

Pilates is the perfect exercise regime for pre and post-natal women. It helps build overall strength by focusing on strong abdominal and core stability.

Regular practice can help alleviate many different ailments such as back pain, headaches, neck and shoulder tension to name just a few.

At Premier Pilates we offer mat work and equipment classes at affordable prices.

Class sizes are kept small, ensuring every client receives the personal attention they require from our fully qualified instructors.

At our mat classes, we introduce small props from time to time to challenge your workout and keep the classes fun and interesting.



FOAM ROLLER

In Pilates, we use the Foam Rollers to challenge your stability & perfect your "core."

Balancing on a roller is no mean feat but helps you hone your focus and concentration, bringing about greater body alignment awareness and mental grounding.



Foam rolling has also been shown

to offer pain relief by disrupting nerve pain signals, improving hydration of muscles and increasing blood flow - all contributing to a speedier recovery and improved range of movement. Be prepared for a few wobbles and giggles along the way!

STRETCHING

Stretching stabilises the body's natural balance and posture and aligns the joints leading to better coordination. Stretching also increases blood flow which gets the heart pumping in a gentle relaxed way.



Timetable of Classes

Monday

Pilates	9.30 – 10.15
Pilates	10.30 – 11.15
Pilates	5.00 – 5.45
Pilates	6.00 – 6.45
Pilates	7.00 – 7.45
Mens Pilates	8.00 – 8.45

Tuesday

Pilates	9.30 – 10.15
Baby & Mummy Pilates	10.30 – 11.15
Barre Pilates	10.30 – 11.15
Beginners Pilates	5.00 – 5.45
Spine Corrector Pilates	6.00 – 6.45
Pilates	7.00 – 7.45
Pilates	8.00 – 8.45
Barre Pilates	8.00 – 8.45

Wednesday

Stretching	9.30 – 10.15
Stretching	10.30 – 11.15
Yoga	4.45 – 5.45
Pilates	6.00 – 6.45
Pilates	7.00 – 7.45
Beginners Pilates	8.00 – 8.45

Thursday

Pilates	9.30 – 10.15
Gentle Pilates	10.30 – 11.15
Barre Concept	6.00 – 6.45
Pilates	7.00 – 7.45
Pilates	8.00 – 8.45

Friday

Pilates	9.30 – 10.15
*Chair Pilates	10.30 – 11.15

Saturday

Pilates	8.30 – 9.15
Pilates	9.30 – 10.15
Beginners Pilates	9.30 – 10.15

*Suitable for people with mobility issues
Beginners Pilates are in 6 week blocks

SPINE CORRECTOR

This equipment designed for Pilates that can stretch muscles and increase flexibility. The Pilates Spine Corrector is a great addition to your Pilates workout, it is designed to strengthen the spine, torso, abdominal cavity, back and shoulder muscles.

The Spine Corrector helps to maintain and adjust the curvature of the spine and also

helps to reduce the perception of tightness in the breast muscle and tissue. Both will contribute to the best nights of sleep.

PILATES ON THE BARRE

Barre Pilates classes are simply ballet-inspired incorporating a ballet barre and maybe some plies here and there into the workout.

Barre classes mix elements of Pilates, dance, yoga and functional training.

In each energising and targeted workout, you will use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

The low impact, total body workout lifts the butt, tones the thighs, flattens the abs and sculpts the arms, whilst protecting the joints. Posture, flexibility, stamina and core strength improve. The result is a body that is realigned.



THE MAGIC CIRCLE

The magic circle is a resistance ring of pliable metal that is padded and has handled. It's a tool to help deepen those core muscles so that they provide even more results.

