

ATPILATES - 2018

WWW.ATPILATES.CO.UK

DENMEAD,
EMSWORTH &
WATERLOOVILLE



*Pilates classes at
Denmead Community
Centre (since 2010)*

*Emsworth &
Waterlooville
Community Centre
from 2017*

CLASS TIMES

Emsworth

Mondays 9.15 am -10.15 am and 10.30 am – 11.30 am

Denmead

Tuesdays 5.30 – 6.30 pm and 6.30 pm – 7.30 pm

Waterlooville

Wednesdays 11.30 am -12.30 pm

Class sizes are limited so always first check with Alison first to find out about availability.

Feedback

Your feedback is always welcome!

Please complete the feedback form overleaf and return to Alison at your next class. You can always remain anonymous if you prefer.

WEBSITE

ATPILATES.CO.UK

Please take the opportunity to look at the website and log on, register, complete your Health Screening Form and perhaps book a class! You will find all classes are bookable via the “Book Classes” page of the website.

HOW DO I PAY FOR CLASSES?

I am now **taking credit or debit cards**, but you can also pay cash on the first session of each block. **Book online** and pay using BACS or PayPal.

If you would like to pay by BACS, please ask Alison for details. Classes are always booked in blocks of 6 consecutive weeks, which includes one free session.

HOLIDAY DATES

The next holiday period is around **EASTER** when there will be no classes on **Monday 2 April 2018** due to the Bank Holiday. Check the website for more details.

BENEFITS OF PILATES

Through the regular practice of Pilates, appreciating the Core Principles ie Centering, Control, Concentration, Precision, Breath, Flow, it is possible to improve posture, flexibility and muscle length.

Imagine growing older, muscles shortening and losing tone. Practicing the exercises regularly in a Pilates class will help lengthen and strengthen those muscles, enabling you to walk taller and sit straighter. You will also look more confident!



These comments will help me to improve your Pilates experience in 2017

If you wish, you can complete this anonymously.

Some of you have been doing Pilates for a while, whilst others have only just begun their Pilates journey

What do you feel you have gained so far this year from attending Pilates?

.....

Is there any aspect of Pilates you particularly enjoy? If so, why?

.....

Anything you would like more of / less of? Eg more / less stretching, or different equipment, a particular exercise?.....

.....

Are you aware you may switch classes if you need to / wish to? YES / NO

Are you aware that there are different payment methods? Eg debit/credit cards, cash, cheques, BACS? YES / NO

Did you know that Alison has a Pilates website? YES / NO

Any other comments you might like to add about teaching style, music, environment, etc

.....

If you have answered "NO" to any of the above questions, please talk to Alison.

Contact Alison Thompson on e-mail: info@atpilates.co.uk

www.atpilates.co.uk

