

# 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](http://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?

Payments can be made by cash, debit or credit card on the first session of each block. You can also **book on-line** and pay by Bank Transfer or PayPal.

If you would like to pay by Bank Transfer, 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 **Christmas** when there will be **no classes from 21 December to Monday 7 January 2019**. 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 2018**

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? .....

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

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

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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 .....

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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](mailto:info@atpilates.co.uk)

[www.atpilates.co.uk](http://www.atpilates.co.uk)

