

DENMEAD, EMSWORTH, WATERLOOVILLE AND THE
OASIS CENTRE (QAH)

ATPILATES – 2020

www.atpilates.co.uk

*Pilates classes at
Denmead Community
Centre since 2010*

*Emsworth &
Waterlooville
Community Centre
from 2017*

*The Oasis Centre
since April 2018*

Class times

Emsworth

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

Denmead

Tuesdays 6 pm – 7 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.

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. There is also a useful Videos & Handouts page on the website where you can find newsletters, a full-length Pilates class and other items of interest.

How do I pay?

Yes, you can pay with cash or credit / debit cards or by bank transfer (BACS). You can register and **book your sessions on-line**. 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.

Benefits of Pilates

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

Imagine growing older, with your muscles shortening and losing tone. By practicing the exercises regularly in a Pilates class you can lengthen and strengthen those muscles, enabling

you to walk taller and sit straighter. You will also look more confident!

Nutrition and Weight Management Adviser

Alison is a qualified Nutrition and Weight Management Advisor. Please ask contact info@atpilates.co.uk to see how she can help you.

HOLIDAY Dates

Classes are not held on Bank Holidays. Check the website for more details.

Feedback

Your feedback is always welcome! Contact Alison Thompson on e-mail: info@atpilates.co.uk

