

Modified Pilates

Muscular imbalances are a key contributor behind many of the most commonly encountered complaints. Modified Pilates provides a solution through core conditioning techniques and exercises designed to strengthen weak points and correct any imbalances that may be present.

Our experienced Physiotherapists at Ultimate Performance Lifestyle have the expertise to integrate the cornerstones of Pilates (breathing, concentration, movement, relaxation, alignment, centring, stamina and co-ordination) into exercises that have been carefully adapted through the application of scientific research.

The resulting routines help to improve client flexibility, stamina and strength and are proven to significantly reduce neck and back problems.

Pilates Class Timetable

Classes are suitable for a range of abilities from beginners to advanced (excluding the improver's class). If you are unable to attend any of the above classes please let us know your preferred class time as we are looking to add more classes to the timetable in the near future. **One to one** sessions are available upon request.

A Pilates assessment is available at £30 for 30 mins assessment by a Chartered Physiotherapist.

Day	Time	Class	Instructor	Price
Monday	10-11.15am	Yoga Beginners (Block 6)	Helen Manning	£10 a class or £55 (6)
Monday	1 – 1.40pm	Lunchtime Pilates	Nazleen Romjon	£5
Monday	7 – 8pm	Pregnancy Pilates (Block 6)	Nazleen Romjon	£58
Tuesday	11.45-1pm	Yoga (Block 6)	Helen Manning	£10 a class or £55 (6)
Tuesday	7 – 8pm	Improver's Pilates	Nazleen Romjon	£9
Tuesday	8 – 9pm	Pilates	Nazleen Romjon	£9
Thursday	11-12pm	Post-Natal Pilates (Block 6)	Nazleen Romjon	£58
Thursday	12.30 – 1.10pm	Lunchtime Pilates	Nazleen Romjon	£5
Thursday	7 - 8pm	Pilates	Komal Bhuchhada	£9
Friday	10-11am	Pilates	Nazleen Romjon	£9

- 20% discount is applied when booking a block of 6 classes if you are over 65 years, student, on benefits.