



Adult Pilates // Time Table // Autumn Term 2018

Eccleshall

Dates: Mondays 10 Sept – 22 Oct (7 weeks)
(No classes 29 Oct)
Mondays 5 Nov – 17 Dec (7 weeks)

Times: Intermediate 9:30 – 10:30am
Improvers 10.45 – 11.45am
Beginners 12.00 – 1.00pm

Where: Holy Trinity Church Parish Rooms
Church Street, Eccleshall,
Stafford ST16 6BY

Cost: £52.50 for 7 week course

Places are limited and must be booked in advance.

Great Bridgeford

Dates: Thursdays 6 Sept – 25 Oct (8 weeks)
(No classes 1 Nov)
Thursdays 8 Nov – 20 Dec (7 weeks)

Times: Intermediate 7:00 - 8:00pm
Beginners/Improvers 8:15 – 9:15pm

Where: Great Bridgeford Village Hall
Newport Road, Great Bridgeford,
Stafford ST18 9PR

(www.greatbridgefordvillagehall.org.uk)

Cost: £60 for 8 week course
£52.50 for 7 week course

Places are limited and must be booked in advance.

Enquiries & Bookings // Please Contact [Helen Yeomans](#)

[07747 036 422](tel:07747036422)

momentum_dance_pilates@yahoo.co.uk



Adult Pilates // Information // Autumn Term 2018

How to Book

Please call or email me to discuss any previous Pilates experience so I can place you in the most appropriate class. If you are a complete beginner you may need to complete a 6 week introductory course before joining the classes detailed above.

Pilates Courses

Classes run as blocks between 5-7 weeks long depending on school term dates. Payment is made in advance for the block as a whole.

Client Enrolment Form

A Client Enrolment form detailing general health, any injuries or conditions must be completed before joining a class. This information is kept in confidence. The form will be sent to you when you book your place.

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What to Wear

Please wear comfortable clothing that you can move easily in, tracksuit bottoms or leggings are best. Layers of light clothing and a warmer one for after the class are useful. Please also wear socks.

Equipment

All mats, cushions and bands are provided during the class.