



## Summer Pilates Classes

### Mondays

**11am -12pm – Mixed ability**

19<sup>th</sup> & 26<sup>th</sup> July @ Morgan Centre, Crowthorne

2<sup>nd</sup> August – No Class

9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> August @ Morgan Centre

**8.30 – 9.30pm – Beginners / Improvers**

Pinewood Bar & Cafe, Crowthorne

Classes continue as normal. No class 30<sup>th</sup> August.

### Tuesdays

St Georges Church, Owlsmoor.

**7.30 – 8.30pm – Advanced**

**8.30 – 9.30pm - Intermediate**

27<sup>th</sup> July

3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> August

### Fridays

Chapel Hall, Woodley

**10am – 11am – Mixed Ability**

23<sup>rd</sup> & 30<sup>th</sup> July

6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> August

3<sup>rd</sup> September



## Spot on Fitness

*It is important that you try to keep up with your Pilates over the summer months as much as possible – you will soon start to feel the difference if you forget to practice for a couple of weeks! Your spine and muscles will start to stiffen up and you will start to lose flexibility after only 2 weeks! This will mean that you find it much harder to pick up where you left off in the autumn term.*

You can pick and choose any of the classes overleaf to attend (sorry, no beginners in the Tuesday intermediate class) – however, please book them in advance as much as possible as all classes are subject to minimum numbers.

Please remember:

Your mat

A small towel – especially if it is hot

A drink

Your resistance band (if you have one).

**Please note: I operate a 24 hour cancellation policy – if you cancel less than 24 hours before your class you will not be entitled to a refund.**

Please call me if you are unable to attend a class on: **07866 777151** or e-mail me at **[l\\_dilloway@sky.com](mailto:l_dilloway@sky.com)**