

# CLASS TIMETABLE

## THE HORDER CENTRE

### MONDAY

10:15 - 11:15 Balance and flexibility  
15:15 - 16:15 Modified Pilates <sup>1</sup>

### TUESDAY

09:00 - 10:00 Fitness for the Over 50s  
10:15 - 11:15 Modified Pilates <sup>1</sup>  
14:30 - 15:30 Standing Pilates

### WEDNESDAY

09:00 - 10:00 Fitness for the Over 50s  
14:00 - 15:00 Balance and Flexibility  
15:15 - 16:15 Modified Pilates <sup>1</sup>

### THURSDAY

10:00 - 11:00 Modified Advanced Pilates <sup>1</sup>  
11:15 - 12:15 Modified Pilates <sup>1</sup>  
17:45 - 18:45 Modified Pilates <sup>1</sup>

### FRIDAY

09:00 - 10:00 Fitness for the Over 50s  
14:00 - 15:00 Prehab Classes

### Prices

All classes are **£10 per session** with the exception of all Pilates classes which are charged at **£14 per session**.

You must book your classes online in advance at [hordercentre.co.uk/bookaclass](https://hordercentre.co.uk/bookaclass) where you will also find further information including up to date class times.

### Details

1. Please note that before joining any of the Pilates classes you must have completed the Pilates Induction and have been cleared by the class instructor to proceed to these levels. This applies to those new to Pilates at Horder Healthcare.

**To book your Pilates Induction, please visit [lease visit hordercentre.co.uk/bookaclass](https://hordercentre.co.uk/bookaclass)**

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# CLASS DESCRIPTIONS

## **Modified Matwork Pilates**

Our Modified Matwork Pilates classes are divided into 2 types.

### **1. Modified Pilates**

On the Modified Pilates class you will work on building on your core strength, flexibility, balance, muscle strength and posture. Different levels of some exercises will be given along with the option to use some small equipment, such as softballs and resistance bands, so you will feel the benefit of working safely whilst being challenged.

### **2. Modified Advanced Pilates**

The Advanced Pilates class is designed for those with more experience in Pilates. A variety of movements and use of small equipment to target all areas of your body and improve postural alignment, mobility, strength and flexibility will see your body moving with greater ease, and confidence in every day activities and sport.

## **Standing Pilates**

Our Standing Pilates is a mixed ability class suitable for those who find it difficult getting on and off the floor and for those with osteoporosis or osteopenia and want to work at their own pace in a gentle, relaxed and friendly class.

The exercises are performed in a standing position with all the benefits of mat-based Pilates and help to optimise posture and gait, is gentle on vulnerable joints and focuses on improving balance and muscle strength, giving confidence for everyday activities.

## **Fitness for the Over 50s**

A fun and varied class aimed to improve overall fitness, strength and flexibility. The class is aimed at those people who are fifty, generally fit and well but who would like to improve their overall strength and fitness.

## **Balance and Flexibility**

A class for people who want to improve their balance, mobility and strength needed for performing their everyday activities. The class provides a calm and relaxing atmosphere and allows for a bit of fun while you exercise!

## **Prehab Class**

Prehab class is a group exercise circuit with each station designed to increase patient's movement, strength and fitness in preparation for surgery. Each exercise will be adapted to suit their individual level.

**To book:** visit [hordercentre.co.uk/bookaclass](http://hordercentre.co.uk/bookaclass)