

CLASS TIMETABLE

THE HORDER CENTRE

MONDAY

09:00 - 10:00	PILATES Induction
10:15 - 11:15	BALANCE
15:15 - 16:15	PILATES ¹
16:30 - 17:30	PILATES ¹

TUESDAY

09:00 - 10:00	STRENGTH
10:15 - 11:15	PILATES ¹
14:30 - 15:30	Standing PILATES

WEDNESDAY

09:00 - 10:00	FITNESS
14:00 - 15:00	BALANCE
15:15 - 16:15	PILATES ¹

THURSDAY

10:00 - 11:00	Advanced PILATES ¹
11:15 - 12:15	PILATES ¹
16:30 - 17:30	PILATES ¹
17:45 - 18:45	PILATES ¹

FRIDAY

09:00 - 10:00	FITNESS
14:45 - 15:45	BALANCE

Prices

All classes are **£11 per session** with the exception of Pilates classes which are charged at **£16 per session**.

You must book your classes online in advance at 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 hordercentre.co.uk/bookaclass

To book: visit hordercentre.co.uk/bookaclass



CLASS DESCRIPTIONS

PILATES

Our Pilates classes are divided into 2 types.

1. PILATES

In the 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. 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

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

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!

STRENGTH

A powerful, technique-driven class built to increase muscle strength, tone, and resilience, with a bias toward lower limb exercises. Using progressive resistance training, compound lifts, and targeted muscle-group circuits, you'll develop strength safely and effectively. Suitable for beginners and seasoned lifters alike, with options to scale every movement.

To book: visit [hordercentre.co.uk/bookaclass](https://www.hordercentre.co.uk/bookaclass)