







The Horder Centre

HORDER HEALTHCARE

Classes in Crowborough

Monday	09:00 - 10:00		PILATES Induction
	10:15 - 11:15		BALANCE
	15:15 - 16:15		PILATES*
	16:30 - 17:30		PILATES*
Tuesday	09:00 - 10:00		STRENGTH
	10:15 - 11:15		PILATES*
	14:30 - 15:30		Standing PILATES
Wednesday	09:00 - 10:00		FITNESS
	14:00 - 15:00		BALANCE
	15:15 - 16:15		PILATES*
Thursday	10:00 - 11:00		Advanced PILATES*
	11:15 - 12:15		PILATES*
	16:30 - 17:30		PILATES*
	17:45 - 18:45		PILATES*
Friday	09:00 - 10:00		FITNESS
	14:45 - 15:45		BALANCE

Prices

 Pilates	£16	 Fitness	£11
 Advanced Pilates	£16	 Balance	£11
 Standing Pilates	£16	 Strength	£11

Pilates Classes

*Please note that before joining the Pilates and Advanced Pilates classes, you must have completed the Pilates Induction and have been cleared by the class instructor.

To book your Pilates Induction, please scan the QR code below or visit hordercentre.co.uk/bookaclass

To book visit hordercentre.co.uk/bookaclass



Class Descriptions

HORDER PILATES

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.

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.

HORDER 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.

HORDER FITNESS

A dynamic, full body workout designed to boost energy, improve endurance, and keep you moving from start to finish. Expect a mix of cardio intervals, functional movement patterns, and bodyweight conditioning that challenge every major muscle group. This class is perfect for anyone looking to elevate their fitness level in a fun, motivating environment.

HORDER BALANCE

A slow flow, stability focused session that helps you reconnect with your body's centre. Through controlled mobility exercises, core strengthening sequences, and mindful posture work, you'll improve coordination, reduce tension, and enhance overall body awareness. Ideal for all levels — especially those wanting to move with more confidence and ease.

HORDER STRENGTH

A powerful, technique driven class built to increase muscle strength, tone, and resilience. 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.

