



# CLASSES TIMETABLE

## Face to Face Classes

DAY	TIME	CLASS	LEVEL	VENUE
<b>MONDAY</b>	9.am – 10am	<b>Pilates Matwork</b>	Mixed ability	Arkendale Village Hall
	10.15am – 11.15 am	<b>Pilates Matwork</b>	Mixed ability	Arkendale Village Hall
	11.30am-12.30pm	<b>Small Group Pilates Personal Training</b>	All abilities	Arkendale Village Hall
	2pm-3pm	<b>ZUMBA GOLD</b>	50+	Allhallowgate Methodist Hall, Ripon
	3.30pm-4.30pm	<b>SpineCare Pilates (chair support offered)</b>	Beginners/Improvers	Allhallowgate Methodist Hall, Ripon
<b>TUESDAY</b>	4-5pm 6-7pm	<b>Men on Mats Pilates Matwork</b>	Intermediate/Advanced Mixed ability	Marton Cum Grafton Hall
<b>WEDNESDAY</b>	10.00am-11.00am	<b>ZUMBA Gold</b>	50+	St Lukes Church Hall, Harrogate
	11.15am - 12.30pm	<b>Pilates Matwork (chair support available)</b>	50+	St Lukes Church Hall, Harrogate
	6.30-7.30pm	<b>Hula Fitness (Next class Spring 2025)</b>	All abilities	Westcliffe Hall, Harrogate <b>Book now for Spring 2025</b>
<b>THURSDAY</b>	9.15-10.15am	<b>SpineCare Pilates</b>	Beginners/improvers	Christchurch Hall, The Stray, Harrogate
	6.30-7.15pm	<b>Pilates on the ball</b>	Beginners/Improvers	The Fitness Garage Harrogate
	7.30pm-8.30pm	<b>Pilates Matwork</b>	All Abilities	The Fitness Garage, Harrogate
<b>FRIDAY</b>	10.10-11.15am 11.15-12.15pm	<b>Pilates Matwork Pilates Matwork</b>	Beginners Intermediate/Advanced	Aldborough Community Hall
<b>PERSONAL TRAINING</b>  <b>ONE-TO-ONE PILATES / RECOVERY/REHAB WORKSHOPS</b>	Book by appointment/ Enquire re next workshop	<ul style="list-style-type: none"> <li>• Introduction to Pilates Basics               <ul style="list-style-type: none"> <li>• Diagnostic Pilates</li> <li>• Remedial Pilates</li> </ul> </li> <li>• Pilates Personal Training               <ul style="list-style-type: none"> <li>• Pelvic Health</li> </ul> </li> </ul>	All Abilities and clinical conditions catered for	My Physio, 3 Station Parade, Harrogate/Fitness Garage

**September 2024**

## CLASS DESCRIPTION

<b>PILATES Matwork</b>	This class includes exercises that may help with back problems, flexibility, improves posture, balance, breathing and core strength. Suitable for all abilities – A Clinical Pilates Class.
<b>PILATES Matwork With Chair Support</b>	This class is specifically designed to help with mobility, stability and strengthening. Postural correction. It is a mixture of Pilates, Physiotherapy. For those that are able matwork is also included. Class members can also work from a chair.
<b>ZUMBA GOLD</b>	A fun exercise to music class with no jumping or floor work. Aimed at 50 plus but good for all age groups. No pressure to conform, no need to know how to dance or need for a partner. Just fun exercise in disguise.
<b>Spine Care Pilates</b>	This class is great for anyone new to Pilates who just wants to improve overall well being, feel more flexible and stronger for day to day activities or if you have been advised by GP / Physio etc to do Pilates. Great for general back conditions and stability.
<b>Hula Fitness</b>	A Fun approach to fitness, trim the waistline and improve cardio vascular fitness – low impact exercise at own pace
<b>Men on Mat</b>	Core conditioning to help improve back stability, deep abdominal tone to help with all aspects of life and sport
<b>ONE-TO-ONE</b>	Pilates Personal training / Recovery and Rehab sessions can really help to get you started and ensure proper form in class. Rehab if you have recently been injured and are post physio. These sessions ensure you keep up with your physio exercises and reduce the risk of pain or injury re-occurring.

### PRICES FOR CLASSES AND 121s

<b>PILATES</b>	Payable Monthly 6 class ticket over 8 weeks Drop in	£42 £60 £12
<b>ZUMBA GOLD &amp; St Lukes Weds Pilates Community classes</b>	Pay as You Go	£8.00 £42.00 for 6 class block
<b>MULTI CLASS TICKET</b> Min of 2 classes per week must be attended	12 class Ticket Min 2 classes per week	£90 (£7.50 per class) Min 2 classes per week
<b>ONE-TO-ONE or SMALL GROUP</b> Personal Training / Pilates	Weekly sessions includes personalised programme, membership for video tutorials	<b>ONE-TO-ONE</b> (£48.00) 6 x <b>ONE-TO-ONE</b> £278.00 (save £10) <b>UP TO FOUR IN GROUP</b> : £20.00 per person

**Marion Cum Grafton Comm Hall / Aldborough Hall**  
**Arkendale Village Hall, High Street, Moor Lane, Arkendale, HG5 0RF**  
**Westcliffe Hall, 2 Harlow Terrace, Harrogate, HG2 0PN**  
**St Lukes Church Hall, Franklin Square, Harrogate, HG1 5EL**  
**The Fitness Garage, Rear of 117 East Parade, Harrogate, HG1 5LR**  
**Allhallowgate Methodist Hall, Next to PO sorting office, Ripon**




## CLASS TIMETABLE

AND

## PRICE LIST

**FREE CLASS VOUCHERS AVAILABLE ON REQUEST**

**Contact for more info and class booking:-**

 **Tel: 07909562114**

 **Email: [marion@mojofitness.info](mailto:marion@mojofitness.info)**  
**Website: [www.mojofitness.info](http://www.mojofitness.info)**

 **MJ Fitness Harrogate**

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