



CLASSES TIMETABLE

Face to Face Classes

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

CLASS DESCRIPTION

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| PILATES Matwork | 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. |
| PILATES Matwork With Chair Support | 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. |
| ZUMBA GOLD | 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. |
| Spine Care Pilates | 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. |
| Hula Fitness | A Fun approach to fitness, trim the waistline and improve cardio vascular fitness – low impact exercise at own pace |
| Men on Mat | Core conditioning to help improve back stability, deep abdominal tone to help with all aspects of life and sport |
| ONE-TO-ONE | 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

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| PILATES | Payable Monthly 6 class ticket over 8 weeks Drop in | £42 £60 £12 |
| ZUMBA GOLD & St Lukes Weds Pilates Community classes | Pay as You Go | £8.00 £42.00 for 6 class block |
| MULTI CLASS TICKET 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 |
| ONE-TO-ONE or SMALL GROUP Personal Training / Pilates | Weekly sessions includes personalised programme, membership for video tutorials | ONE-TO-ONE (£48.00) 6 x ONE-TO-ONE £278.00 (save £10) UP TO FOUR IN GROUP : £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**

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 **MJ Fitness Harrogate**

October 2023