

## CLASSES TIMETABLE

### Face to Face or via Zoom

DAY	TIME	CLASS	LEVEL	VENUE
<b>MONDAY</b>	9.am – 10am	<b>Pilates Matwork</b>	All Abilities	Arkendale Village Hall
	10.15am – 11.15 am	<b>Pilates Matwork</b>	All Abilities	Arkendale Village Hall
	11.30am-12.30pm	<b>Private Group Pilates please enquire</b>	All abilities	Arkendale Village Hall
	2pm-3pm	<b>ZUMBA GOLD</b>	50+	Ripon Methodist Hall
<b>TUESDAY</b>	6.15pm-7.15pm	<b>ZUMBA GOLD</b>	50+	Westcliffe Hall, Harrogate
<b>WEDNESDAY</b>	10.00am-11.00am	<b>ZUMBA Gold</b>	50+	St Lukes Church Hall, Harrogate
	11.30am - 12.30pm	<b>50 plus Pilates Matwork and supported seated</b>	50+	St Lukes Church Hall, Harrogate
<b>THURSDAY</b>	10.00am – 11.00am	<b>Spine Safe Pilates</b>	Beginners	The Fitness Garage, Harrogate
	6.30pm-7.15pm	<b>Pilates on the Ball</b>	Beginners	The Fitness Garage, Harrogate
	7.30pm-8.30pm	<b>Pilates Matwork</b>	All Abilities	The Fitness Garage, Harrogate
<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</li> </ul>	All Abilities and clinical conditions catered for	My Physio, 3 Station Parade, Harrogate/Fitness Garage

## 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 Modern Pilates Class.
<b>MEN ON MATS</b>	This class is specifically designed for men to strengthen tummy muscles, back and increase mobility and flexibility. Great for sitting / driving jobs or to stay injury free if running, cycling, golf etc.
<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>50+ Pilates/Spine Safe 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 care and stability.
<b>Pilates on the Ball</b>	A Fun approach to pilates using physio stability ball. Good For beginners as ball helps you to isolate muscles.
<b>Workshops</b>	Held throughout the year. Watch out for our next summer workshop – Hula Fitness – learn to hula hoop !.
<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	<b>£9 per class</b>
	Pay As You Go	<b>£10.00</b>
<b>ZUMBA GOLD</b>	Pay as You Go	<b>£8.00</b>
<b>Multi Class Ticket 2 x classes per month</b>	Monthly Membership via Standing Order	<b>From £60 via BACS per month</b>
<b>ONE-TO-ONE/UP TO ONE-TO-FOUR Personal Training / Pilates</b>	Weekly sessions includes personalised programme, membership for video tutorials	<b>ONE-TO-ONE (£48.00) 6 x ONE-TO-ONE £278.00 (save £10) UP TO FOUR IN GROUP : £80.00 (shared by group)</b>

### VENUES

**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**



## CLASS TIMETABLE

**AND**

## PRICE LIST

**FREE CLASS VOUCHERS AVAILABLE ON REQUEST**

**Contact:-**

☎ **Tel: 07909562114**

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



**MJ Fitness Harrogate**

January 2022