



CLASSES TIMETABLE

Face to Face Classes

DAY	TIME	CLASS	LEVEL	VENUE
MONDAY	9.am – 10am	Pilates Matwork	All Abilities	Arkendale Village Hall
	10.15am – 11.15 am	Pilates Matwork	All Abilities	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	Allhallowgate Methodist Hall, Ripon
TUESDAY	4-5pm	Men on Mats	Intermediate/Advanced	Marton Cum Grafton Hall
	6-7pm	Mixed Power Pilates Matwork	Intermediate/Advanced	
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	The Duchy Hospital Harrogate
	7.30pm-8.30pm	Pilates Matwork	All Abilities	The Fitness Garage, Harrogate
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

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
Workshops	Held throughout the year. Watch out for our next summer workshops
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

PILATES	Payable Monthly 6 class ticket Drop in	£40 (£10 per class) £57 (£9.50 per class) £12.00 per class
ZUMBA GOLD	Pay as You Go 6 class Ticket	£8.00 £42
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 : £80.00 (shared by group)

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
Allhallowgate Methodist Hall, Next to PO sorting office, Ripon




CLASS TIMETABLE

AND

PRICE LIST

FREE CLASS VOUCHERS AVAILABLE ON REQUEST

Contact:-

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 MJ Fitness Harrogate

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