



## GROUP CLASS SCHEDULE JANUARY – FEBRUARY 2012



**CALL US TODAY ON**  
020 7636 8900 TO BOOK!

The Body Control Pilates Centre  
35 Little Russell Street, London WC1A 2HH  
(a stone's throw from the British Museum)

For more information on our Classes, Studio Sessions and Private Sessions, please call us on 020 7636 8900 or visit [www.bodycontrol.co.uk](http://www.bodycontrol.co.uk)

## PILATES TASTER WEEK™ IS BACK – REGISTER NOW!

Monday 9th – Thursday 12th January 2012

All Matwork classes £6 All Reformer classes £10

Pilates Taster Week is your chance to sample our new Body Control Pilates Class Timetable. During Taster Week, all classes are booked on a one-off basis at the special prices above. There are classes to suit every level and ability so there really is no excuse not to start your New Year with a new Body Control Pilates class!

Please note you must pay in advance to book and confirm your place for the block of classes.

## New 4-week Block of Classes – Special Offer!

Following Taster Week, our new block of Group Matwork and Reformer Classes will begin the week commencing **Monday 16th January 2012** for **4 weeks**.

If you book your place on the new block before **Friday 13th January**, you will receive a **15% discount** on your booking... and receive a **free Body Control Pilates shoulder bag!**\*

### Prices for the block if booked before Friday 13/01/2012:

Morning / Lunchtime Mat Classes: £37  
Lunchtime Reformer Class: £44  
Evening Mat Classes: £44  
Evening Reformer Classes: £54  
BCP Student Mat Class: £25

### If the block is booked after Friday 13/01/2012, our standard prices apply as follows:

Morning / Lunchtime Mat Classes: £44  
Lunchtime Reformer Class: £52  
Evening Mat Classes: £52  
Evening Reformer Classes: £64  
BCP Student Mat Class: £30

**\*You can collect your free bag at the start of your block of classes.**



### Intro to Pilates

The starting point for anyone new to Pilates. Intro will enable you to master your Pilates ABCs (Alignment, Breathing, Core Stability) through a range of Beginner exercises and opens the door to other classes in the Body Control Pilates programme.

### Core Pilates

Core classes run at three levels from Beginner through to Intermediate level and will take you through the main Pilates matwork repertoire. You will develop your Pilates technique and skills by means of a balanced, effective, total body workout – with particular focus on your core!

### Energiser Pilates

The ideal way to start the day or to give yourself a boost for the afternoon ahead! Energiser will reinvigorate your mind and body as you work at a higher tempo through a range of matwork exercises, some using small equipment.

### Dynamic Pilates

Dynamic Pilates is an up-tempo class designed to help you build endurance, strength and stability. It is a flowing, mat-based class which will also incorporate small equipment such as toning circles, stretch bands and balls to keep you challenged!

### Healthy Backs

Designed to help prevent and manage back pain and taught by specially-qualified Body Control Pilates teachers, these classes give you a gentle, balanced workout with the focus on strengthening the core muscles that help support your back, improve the quality of your movements and keep your spine flexible and strong.

### Reformer Classes

The Reformer offers you the chance to achieve an intensive workout that is as much about correct technique as it is about strength and stamina as you work with different levels of resistance. We offer Reformer classes at Beginner, Intermediate and Advanced Levels.

### Student Class

This class is open only to Body Control Pilates Matwork Certification Students. Please contact the office for further details.

# GROUP CLASS SCHEDULE **January–February 2012**

Time	Monday	Tuesday	Wednesday	Thursday
7.45–8.30am		Energiser Pilates with Kate Intermediate		
12.15–1.00pm	Core Pilates with Sarah Beginner		Core Pilates with Sarah Beginner / Intermediate	
12.15–1.00pm	Reformer with Kate Beginner		Intro to Pilates with Lesley Starter	
1.00–1.45pm	Energiser Pilates with Kate Intermediate		Student Class with Sarah (for BCP Matwork Students)	Reformer with Sally Intermediate <b>NEW!</b>
1.00–1.45pm			Healthy Backs with Lesley	
5.30–6.30pm	Reformer with Kate Beginner <b>NEW!</b>	Reformer with Carmela Intermediate	Student Class with Helen (for BCP Matwork Students)	
6.00–7.00pm	Core Pilates with Jo Beginner	Core Pilates with Heather Intermediate	Core Pilates with Matthew Intermediate / Advanced	Reformer with Carmela Beginner <b>NEW TIME!</b>
6.00–7.00pm		Intro to Pilates with Katherine Starter		Dynamic Pilates with Katherine Intermediate
6.30–7.30pm	Reformer with Kate Beginner / Intermediate	Reformer with Carmela Advanced	Core Pilates with Helen Intermediate	Core Pilates with Anaya Beginner
6.30–7.30pm	Core Pilates with Mario Intermediate			
7.00–8.00pm	Intro to Pilates with Jo Starter	Core Pilates with Heather Beginner	Healthy Backs with Dawn	Student Class with Katherine (for BCP Matwork Students)
7.00–8.00pm		Student Class with Katherine (for BCP Matwork Students)		Reformer with Carmela Intermed. / Advanced <b>NEW TIME!</b>

Our class sizes are limited to 12 people for Matwork classes and 8 people for Reformer classes (please note the 'Healthy Backs' class is also limited to 10 people).

We run classes at all levels from Starter through to Advanced – to get the most out of your workout, it is important to ensure you are working at the right level.

If you are new to Pilates, we suggest you join an 'Intro to Pilates' class. You should have some Matwork experience before joining the Beginner Reformer Class.

**If you have any questions about which level or class is right for you, please give us a call on 0207 636 8900 and we will be happy to help.**