

# Optimum

Sports Injury Clinic

## STUDIO PRICES

Pilates / Yoga / Ski-Fit / Fitball 1 hour: 6 week course	£60.00
Pilates Express / Family Pilates 45 minutes: 6 week course	£50.00
Seniors Exercise Class Concession 45 minutes: 6 week course	£50.00
Clinical Pilates 1-2-1: 90 minutes (includes joint & muscle assessment & home programme)	£80.00
Clinical Pilates follow ups: 75 minutes	£65.00
Pilates 1-2-1: 1 hour	£50.00
Pilates 2-2-1: 1 hour	£65.00
Yoga complete beginners: 75 minutes: 4 week course	£60.00

Studio classes have a maximum of 10 participants in a class, all equipment is provided please call: 07974425447 or email: [enquiry@optimumhealthfleet.co.uk](mailto:enquiry@optimumhealthfleet.co.uk) to book onto a course.

Absolute Beginners yoga course is made up of four 75 minute yoga classes over 4 consecutive weeks.

You will be introduced to the world of yoga including a little of the history and theory of yoga practice, breath work (pranayama), physical poses (asanas) and relaxation (savasana).

You will be guided every step of the way to ensure you feel comfortable in body and mind.

To book onto the Yoga courses please contact Naomi Jackson:  
<https://amberwellbeing.uk/book-your-session>

"In 10 sessions you will feel the difference, in 20 sessions you will see the difference, in 30 sessions you will be on your way to a whole new body" Joseph Pilates

# Optimum

Pilates Studio



Wentworth House, 9 Kings Road,  
Fleet, Hampshire GU51 3AA

07974 425447  
[optimumhealthfleet.co.uk](https://optimumhealthfleet.co.uk)

## CLINICAL PILATES 1-2-1

Clinical Pilates at the Optimum Pilates Studio are 1-2-1 sessions with our Sports Therapists who have the skill, expertise, and experience in assessing and treating Sports Injuries and back/joint conditions. Clinical Pilates 1-2-1's are 75 minutes, and are tailored for the individual with thorough explanation to Pilates, ensuring you understand how to 'find' your core, and to perform the correct and safe exercises right for you and your injury or condition.

### Assessment includes:

#### Spinal screening:

- Testing joint range of movement and limitations.

#### Muscle assessment:

- Testing muscle strength and tone
- Muscle length & flexibility
- Muscle firing patterns (to ensure the correct muscles activate when they are supposed to and which muscles have 'switched off' so that we can re-educate these and correct muscle imbalances).

This will enable the experienced Sports Therapist / Pilates Instructor to design a bespoke Pilates rehabilitation programme for your individual needs. This programme can be accessed 'on-line' with photos & videos of every single exercise and stretch as discussed, so that you can practice your Pilates at home in a safe and effective way. This program can also be printed off if you do not have access to the internet. We offer continued support if required by phone/email.

Follow up Clinical Pilates 1-2-1's are 1 hour sessions, where we re-assess the Spinal Screening & Muscle Assessment and then design a progressive programme which again can be accessed on-line, to continue your Pilates journey and rehabilitation.

### Monday:

Pilates Beginners	09:30	Kim Pelham
Pilates Beginners	10:45	Kim Pelham
Pilates Beginners	12:00	Kim Pelham
Pilates Mixed Level	18:15	Kim Pelham
Pilates Improvers	19:30	Kim Pelham

### Tuesday:

Pilates Beginners	09:30	Susan Hammant
Seniors Pilates	10:45	Susan Hammant
Pilates Improvers	17:45	Kim Pelham
Pilates Mixed Level	19:00	Melissa Bray
Pilates Mixed Level	20:05	Melissa Bray

### Wednesday:

Pilates Mixed Level	10:00	Rosie Cooper
Pilates Mixed Level	15:30	Rosie Cooper
Pilates Beginners	17:15	Susan Hammant
Pilates Mixed Level	18:30	Kim Pelham
Yoga Hatha	19:45	Naomi Jackson

### Thursday:

Pilates Mixed Level	10:30	Rosie Cooper
Seniors Exercise Class	11:45	Kim Pelham
Fitball ZOOM & live	15:30	Rosie Cooper
SkiFit ZOOM & live	15:30	Rosie Cooper
Pilates Mixed Level	17:45	Susan Hammant
Yoga Hatha	19:00	Naomi Jackson
Yoga Hatha	20:15	Naomi Jackson

### Friday:

Pilates Improvers ZOOM & live	09:30	Rosie Cooper
Pilates Mixed Level	11:00	Kim Pelham
Pilates EXPRESS Beginner	12:15	Kim Pelham

### Saturday:

Absolute Beginners Yoga	10:15	Naomi Jackson
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### Sunday:

Absolute Beginners Yoga	09:00	Naomi Jackson
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### THE 8 PILATES PRINCIPLES

- Centring
- Precision
- Breath
- Flowing movement
- Concentration
- Isolation
- Control
- Relaxation

### THE BENEFITS OF PILATES

- Improve posture
- Increase joint mobility
- Lengthen & tone muscles
- Improve core strength
- De-stress & relaxation
- Mind-body awareness

### PILATES FOR BEGINNERS

If you are a complete novice, need a refresher course, or returning to exercise after injury then this is a perfect start for you. You will learn the 8 principles of Pilates, how to 'find' your core, apply the correct breathing technique, re-educate & strengthen your stabilising muscles. You will soon feel improved mobility in the joints, longer leaner muscles, increased flexibility and strength. Once you have completed the beginners 6 week course, you are welcome to progress to a mixed class.

### PILATES MIXED LEVEL

This class introduces more progressions of the 34 original moves, and is aimed for the non-beginner with 3-9+ months Pilates experience. Small equipment, such as chi balls, stott balls, foam rollers and resistance bands add to the challenge! This class may have different ability levels of experience, so there is usually 1 - 3 progressions offered of a move.

### PILATES IMPROVERS LEVEL

This is for the intermediate & advanced, who need to have a strong core and have 9+ months Pilates experience. These classes offer more challenging and advanced moves, the use of small equipment adds another dimension.

### PILATES EXPRESS

This class is aimed at the Mixed level ability and is a lunch time 45 minute class.

### PILATES 1-2-1 or 2-2-1

We offer Pilates 1-2-1 sessions within our Studio by our dedicated Pilates Instructors. As a beginner you will learn and have a deep understanding about all the 8 Pilates Principles, and go through some of the basic and staple Pilates moves within your first session. This is also very beneficial if you have taken a break from Pilates and want a 'refresher' session, which will then enable you to move into a 'Mixed ability' class with confidence.

We also offer 2-2-1 sessions, so why not ask a friend or member of your family to join you in your Pilates journey!

### SKI-FIT

Hit the slopes in tip-top condition in this 60 minute Fitball & Core stability class. Designed to strengthen your deep core muscles and lower back, the stabilising muscles to your hip/knees/ankles & shoulders. Improve your agility and balance through the use of Swiss-balls, foam rollers, stability discs, Pilates and some fat-burning!

### YOGA HATHA

Yoga Hatha focuses on breath, flowing movement and calming the mind. Based on traditional Hatha yoga poses with varying options and variations for all abilities, building on strength and fitness, improve flexibility and mobility, and help you gain some much needed headspace. Beginners are most welcome!

### FITBALL

Balance, core stability, Pilates, strength & conditioning coombine this fun 1 hour class! The use of foam rollers/fitballs/hand weights/ chi balls/resistance bands and wobble cushions make this a dynamic class!

### SENIORS EXERCISE CLASS

This a fun and friendly exercise class aimed for the 65+ age group to help reduce joint and back pain, improve mobility, balance & strength. The class is varied each week with different exercises, using equipment i.e. hand weights, resistance bands and Swiss Balls. The 45 minute class will fly by! All history of surgery and back/joint conditions are considered when lesson plans are made, so that everyone's working in their own comfort zone and risking injury by overdoing it!

### ZOOM & LIVE CLASSES

We offer the opportunity of either the Studio experience or Zooming in live from the convenience and comfort of your home / work place or holiday destination so you never miss a class! We also offer the recording of a class should you wish to purchase, with unlimited access for 1 week.

