



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.

Optimum

Sports Injury Clinic

STUDIO PRICES

Pilates / Ski-Fit / Fitball 1 hour: 6 week course	£70.00
Pilates Express 45 minutes: 6 week course	£60.00
Seniors Exercise Class Concession 45 minutes: 6 week course	£55.00
Clinical Pilates 1-2-1: 90 minutes (includes joint & muscle assessment & home programme)	£90.00
Clinical Pilates follow ups: 75 minutes	£70.00
Pilates 1-2-1: 1 hour	£60.00
Pilates 2-2-1: 1 hour	£70.00
Reformer 1-2-1	£70.00
Reformer 2-2-1	£80.00

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

Pilates equipment provided in classes: pilates/yoga mats, head blocks, the magic circle, chi balls, Stotts balls, resistance bands, hand weights, spikey massage balls, foam rollers, swiss balls.

"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

STUDIO TIMETABLE

Monday:

Pilates Mixed Level	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 Hamman
Seniors Pilates	10:45	Susan Hamman
Pilates Improvers	17:45	Kim Pelham
Pilates Mixed Level	19:00	Melissa Bray
Pilates Mixed Level	20:05	Melissa Bray

Wednesday:

Pilates Mixed Level	09:15	Rosie Cooper
Pilates Beginners	10:30	Nicki Fussell
Pilates Beginners	12:00	Rosie Cooper
Pilates Mixed Level	15:00	Rosie Cooper
Pilates Mixed Level	18:30	Kim Pelham
Pilates Beginners	19:45	Nicki Fussell

Thursday:

Mens Pilates for Golf	09:15	Rosie Cooper
Pilates Mixed Level	10:30	Rosie Cooper
Seniors exercise class	11:45	Kim Pelham
Fitball / SkiFit	15:00	Rosie Cooper
Pilates Mixed Level	17:45	Susan Hamman
Pilates Beginners	18:55	Susan Hamman

Friday:

Pilates Improvers	09:30	Rosie Cooper
Pilates Mixed Level	11:00	Kim Pelham
Pilates Beginner Express	12:15	Kim Pelham
Pilates Beginners	13:15	Nicki Fussell

Saturday:

Reformer 1-2-1 / 2-2-1	All day	Nicki Fussell
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Sunday:

Reformer 1-2-1 / 2-2-1	All day	Nicki Fussell
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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 for beginners 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!

PILATES FOR TEENS

This bespoke class is aimed for Teenagers who would like to strengthen their core, increase flexibility and overall strength and balance. Pilates enhances any sport: Netball, Dance, Football, Gymnastics, Swimming, Cycling and Running to improve coordination, agility, balance, speed and strength. This is a fun way to learn Pilates and use various equipment; foam rollers, Swiss balls, resistance bands & spikie massage balls. Pilates for Teens run in term time only.

MENS PILATES FOR GOLF

This unique class is aimed to improve your swing and power with Pilates. The Pilates moves used in this class will increase spinal rotation, deep core strength, pelvic stability, balance and muscle flexibility.

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!

FITBALL

Balance, core stability, Pilates, strength & conditioning combine 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.

REFORMER PILATES

Reformer Pilates utilises a piece of equipment known as a reformer, which resembles a bed with a moving carriage, springs for resistance, straps, and pulleys This method offers a wider range of movements, allows for better alignment, and lets you adjust the intensity. It is particularly beneficial for enhancing strength, muscle tone, balance, and aiding in recovery from injuries, as the machine provides both support and a challenge.

