

- **Further information**

For further information please call Debbie: **01244 336461**

website: www.pilatesinchester.co.uk
email: info@assureclinic.co.uk

- **Locations** (see website for maps)

Chester Chiropractic Clinic:

76A Hoole Rd, CH2 3NL. Tel. 01244 343236

Waverton Community Primary School:

Common Lane, Waverton, Chester. CH3 7QT

- **Fees** (Chester classes only – reduced rates in Waverton)

Please make your cheque payable to the class instructor.

Block of 8 classes: **£64** or £56 for over 60s
Block of 7 classes: **£56** or £49 for over 60s
Block of 6 classes: **£48** or £42 for over 60s
Pelvic Floor Workshop: **£8**

- **New Clients**

Please return enrolment form & post with the cheque to:
Pilates classes c/o The Assure Clinic, 91 Ringway, Waverton,
Cheshire, CH3 7NW

- **Instructors contact details**

Please call if unable to attend a session, to organise a 'catch up' sessions or to organise 1:1 sessions (£50 - 75mins)

Susie Gale 07778 666 384
Debbie Simm 01244 336 461
Jane Hall 07718 912 743

- **Pilates in pregnancy**

Mon @ 6pm: 07866 889136 www.pregnantinchester.co.uk

Pilates in Chester

Body Control Pilates® and APPI Pilates Classes

@ Chester Chiropractic Clinic and Waverton Primary School

Beginners Pilates
Intermediate Levels 1 – 2/3
1:1 Sessions
'Easy Does It' Pilates
Pelvic Floor Workshop



June 5th – July 24th 2008*

*please ensure that you check the dates for your particular class carefully

All one hour duration, unless specified

All teachers BCPA members (BCPA) or a Chartered Physiotherapist (MCSP)

Pilates in Chester is an umbrella name for our group of Pilates instructors, and assists in the advertising of our classes.

Each instructor works independently and is responsible for their own clients. Please ask for further details.

Day	Time	Level	Dates (inclusive) 6, 7 or 8 wks	Instructor	
Monday	4.45 pm	Level 1 / 2 Body Control Pilates	02/06/08 – 07/07/08 (6)	Susie Gale (BCPA)	07778 666 384
Tuesday	7.15 pm	Level 1 Pilates	10/06/08 – 22/07/08 (7)	Debbie Simm (MCSP)	01244 336 461
	8.30 pm	Beginners Pilates	10/06/08 – 22/07/08 (7)	Debbie Simm (MCSP)	01244 336 461
Wednesday	9.30 am	Level 1 Pilates	11/06/08 – 23/07/08 (7)	Debbie Simm (MCSP)	01244 336 461
	11.00 am	Easy Does It	11/06/08 – 23/07/08 (7)	Debbie Simm (MCSP)	01244 336 461
Thursday	12.00 noon	Level 1 Body Control Pilates	05/06/08 – 24/07/08 (8)	Jane Hall (BCPA)	07718 912 743
	6.00 pm	Level 1 Body Control Pilates	05/06/08 – 24/07/08 (8)	Jane Hall (BCPA)	07718 912 743
	7.15 pm	Level 2 / 3 Body Control Pilates	05/06/08 – 24/07/08 (8)	Jane Hall (BCPA)	07718 912 743
	8.30 pm	Level 2 Body Control Pilates	05/06/08 – 24/07/08 (8)	Jane Hall (BCPA)	07718 912 743
Waverton	7.15 pm	Beginners Plus Pilates - Waverton	12/06/08 – 24/07/08 (7)	Debbie Simm (MCSP)	01244 336 461
Waverton	8.30 pm	Beginners Pilates - Waverton	12/06/08 – 24/07/08 (7)	Debbie Simm (MCSP)	01244 336 461

All classes are held at the **Chester Chiropractic Clinic** unless otherwise indicated **Waverton Primary School**.

Easy Does It – Pilates-style gentle body fitness, suitable for those who like to know that the class will be run at a very sedate pace.

Missed classes can be 'made up' at an **alternative session**, by prior arrangement, if space allows. Unfortunately missed classes can not be refunded.

Please note – it is very important to text or email or call your instructor directly when you are **unable to attend a class**. This frees up space for clients wishing to do 'catch up' classes. Please call the instructor of the class directly to book in for a **'catch up' class**. Catch up sessions may be taken over to the next block.

Pelvic Floor workshop (September 2008) - **Presented by Debbie Simm (MCSP)**

Find your long, lost pelvic floor muscles? Learn how to have a happy bladder and become reacquainted with your pelvic floor muscles.

This 1 ½ hour session includes advice, simple practical exercises & demonstration of the latest equipment. Debbie is a Senior Women's Health Physiotherapist specialised in the treatment of bladder and bowel dysfunction at *The Assure Clinic*. Cost £8.00. Please book with **Debbie directly: 01244 336461**

Other Body Control Pilates classes locally:

Tattenhall **Jill Raine** 01829 771895
 Chester **Stephanie Rhodes** 07866 889136
 Frodsham area **Susie Gale** 07778 666 384

www.thestudiotattenhall.co.uk

www.pilatesinchester.co.uk / www.pregnantinchester.co.uk