

- **Further information**

For further information about these classes please call  
Stephanie: **07866-889-136** or **download from website / email**

**website:** www.pilatesinchester.co.uk  
**email:** stephanie@pilatesinchester.co.uk

For information about classes held at the **Chester Chiropractic Clinic** or **Waverton Primary School** or **1:1 sessions** - call:  
Debbie Simm: **01244 336461** or download info from website.

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

**All Saints Church Centre**, Vicarage Road (off Hoole Road)  
Chester, CH2 3HZ . Car park or parking on local road.  
**Helsby Community Centre**, Lower Robin Lane, Helsby,  
WA6 0BW

- **Fees**

**Please make your cheque payable to Stephanie Rhodes.**  
If you would like to pay by **bank transfer** – ask me for details:  
**Chester**

Block of 7 classes:	<b>£49</b>	or £42 for over 60s
Block of 6 classes:	<b>£42</b>	or £36 for over 60s
Pilates in Pregnancy:	<b>£8</b>	<b>per session</b> or reduced rate if pay for whole block

**Helsby**

Block of 7 classes:	<b>£38.50</b>
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Unfortunately there is **no longer** the facility to 'catch up' missed sessions. Hence there has been a price reduction.

- **New Clients** for Stephanie Rhodes

Please return enrolment form & post with the cheque to:  
Pilates classes @ 90 Becketts Lane, Chester, CH3 5RW

- **Pilates in Pregnancy**

www.pregnantinchester.co.uk

# Pilates in Chester

**Body Control Pilates®** 

## Classes @

**All Saints Church Centre, Hoole, Chester  
& Helsby Community Centre**

Intermediate Pilates - levels 1 /2 & 2  
'Gingerly Pilates'  
Pilates in Pregnancy



**June 3<sup>rd</sup> – July 15<sup>th</sup> 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 or 7 wks	Instructor	
Monday	6.00 pm	Pilates in Pregnancy	02/06/08 – 14/07/08 (7)	Stephanie Rhodes (BCPA)	<b>07866 889 136</b>
	7.15 pm	Level 1 / 2 Body Control Pilates	09/06/08 – 14/07/08 (6)	Stephanie Rhodes (BCPA)	<b>07866 889 136</b>
	8.30 pm	Level 2 Body Control Pilates	09/06/08 – 14/07/08 (6)	Stephanie Rhodes (BCPA)	<b>07866 889 136</b>
Tuesday	9.30 am	Gingerly Pilates - Helsby Community Centre	03/06/08 – 15/07/08 (7)	Stephanie Rhodes (BCPA)	<b>07866 889 136</b>
	12 noon	Level 2 Body Control Pilates	03/06/08 – 15/07/08 (7)	Stephanie Rhodes (BCPA)	<b>07866 889 136</b>

All classes are held at the **All Saints Church Centre**, Vicarage Road (just off the Hoole Road), Chester unless indicated **Helsby Community Centre**.

**Missed classes** – unfortunately there is **no longer** the facility to 'make up' classes – and so hence, as of June 2008, there has been a price reduction for classes.

**Unfortunately missed classes can not be refunded.**

Please let me know if you are unable to attend a session.

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

**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 [www.thestudiotattenhall.co.uk](http://www.thestudiotattenhall.co.uk)

Chester **Debbie Simm** 01244 336461 [www.pilatesinchester.co.uk](http://www.pilatesinchester.co.uk)

**Including Beginners Classes**

Frodsham area **Susie Gale** 07778 666 384