

Hallamshire Physiotherapy Pilates – Information Sheet

When : Mondays at 5.45-6.30pm. The initial beginners course will last for 6 weeks and starts on Monday 19th February 2024. After this, classes will be run weekly.

Location: 863 Ecclesall Road, Sheffield S11 8TH (next to Blenheim Reach).

Tutor: Becky Martin, Physiotherapist and clinical-lead pilates instructor

Price: £66 for 6 classes or £12 per class

Parking: There are a few free parking spaces available outside the entrance which will be taken on a first-come first-serve basis (unless required for those with mobility problems).

Alternatively, you can park in the co-op for £1 which is a short walk away and on the same complex as the gym.

Information about the classes

Pilates is a form of exercise and body conditioning which:

- Strengthens muscles
- Improves posture, flexibility and balance
- Helps to prevent injury
- Enhances health of the mind and body

Suitable for anyone new to Pilates or wishing to improve their strength, flexibility, co-ordination, posture, and balance. At the end of the class, we will take a few moments to relax and unwind.

What can I bring?

Mat and towel provided.

You may want to bring resistance bands with you to make some of the exercises harder.

You may want to bring a bottle of water.

What shall I wear?

Please wear loose, comfortable clothing such as tracksuits or leggings. Pilates exercises are performed in socks (no trainers are required). Exercises are performed lying and standing so long sleeves or layers are suggested in case you feel cooler whilst lying on the floor.



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