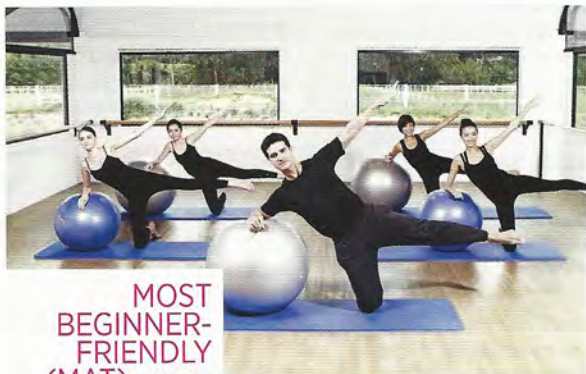


PILATES CLASSES



MOST BEGINNER-FRIENDLY (MAT) UPSIDE MOTION – PILATES

MAT The small class size, attentive instructor and relaxed atmosphere are just what newbies need to build a strong foundation.
Duration 60 minutes



MOST BEGINNER-FRIENDLY (REFORMER) FOCUS PILATES – FUNDAMENTAL REFORMER

Learn the basics of using the reformer, and nail the right postures with step-by-step guidance.
Duration 60 minutes

MOST REHABILITATIVE PHYSIOACTIVE – PILATES

Correct body alignment is emphasised as you execute core and leg strengthening exercises. Kudos to the instructor for recommending alternative moves to our tester who had a knee injury.
Duration 60 minutes



MOST CHALLENGING CLASS POWERMOVES PILATES IN THE PARK – PILATES MATWORK

Instructors make it a point to know each student and push limits by increasing reps or holding time and introducing tougher variations at every class.
Duration 55 minutes



MOST MUMMY-FRIENDLY (PRE-NATAL) POWERMOVES PILATES IN THE PARK – PRE-NATAL PILATES MATWORK

Let professional instructors guide you through a variety of exercises that work your abs, pelvic floor and back muscles – all crucial for a smooth-sailing delivery.
Duration 55 minutes

MOST MUMMY-FRIENDLY (POST-NATAL) THE MOVING BODY – MUMMY & ME

You won't need to leave Baby behind – he or she will be a part of this core-strengthening routine. Plus, walk away with tips on how to prevent backaches from carrying your little one.
Duration 60 minutes

