

PILATES CLASSES



MOST BEGINNER-FRIENDLY (MAT)

The Moving Body – Pilates

Mat | 60 minutes

What A fundamental pilates class that emphasises working on the core and back muscles.

Our tester says "The instructor was very attentive. She made sure my breathing technique and body alignment were right for every posture."



STAR INSTRUCTOR

**Joey Ang,
Pilates Fitness**

What Joey was attentive to every student. She ensured newbies kept up with the class, and encouraged regulars to challenge themselves further.

STAR INSTRUCTOR **Genevieve Schuster, Breathe Pilates**

What Genevieve was very patient, encouraging and attentive. She didn't rush her students – even when some took more time than others to get into certain postures.

Our tester says "When she saw me struggling, she modified the move so I could hold up the weight!"



MOST BEGINNER-FRIENDLY (NOVELTY)

Breathe Pilates – Zenga | 60 minutes

What Do yoga and pilates moves on a reformer. Props like stability balls and foam blocks are also incorporated.

Our tester says "A good strengthening and stretching session that eased my tight back and shoulder muscles. Also, I had fun doing planks and squats with my thighs strapped to suspension springs!"

