

PRICES Get started - Reformer 3-week Beginner Courses - £45

1 x 30min one to one assessment and 2 x 1hr class sessions

Regular Weekly Reformer Classes

(after you have completed a 3-week course or one to one assessment)

1 x 1hr class per week £56 per month

2 x 1hr class per week £84 per month

No joining fee or minimum contract.

MAT-WORK classes 5 x 1hr classes £40 for 5wk course

Mon 9.30am, Thurs, 9.30am, Thurs 10.45am

[Weekly REFORMER class timetable](#) (Below)

Classes range from beginners to advanced.

Duration: 1 hour

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.40am		9.40am	9.40am	9.30am
10.45am	9.40am	10.45am	10.45am	10.40am
	10.45am			
11.50am	1.15pm		12 noon	
6pm	2.30pm			
7.10pm	5.30pm		6.15pm	
8.15pm	6.40pm	6.15pm	7.20pm	
	7.45pm	7.20pm	8.30pm	
	8.45pm	8.30pm		

MAXIMUM 7 CLIENTS PER CLASS

The studios are open for 50 weeks of the year day, evening and weekends

(closed Christmas & New Year weeks)

We offer an alternative class when the studio is closed on bank holidays.

You are welcome to come and visit the studio



Pilates

Reformer and Mat-Work Classes



Birchwood Pilates Studio

Birchwood Leisure Centre, Longmead, Hatfield, Herts AL10 0AN



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Web: www.hatfield-herts.gov.uk/pilates-studio



Birchwood Pilates Studios



What is Pilates?

Pilates is an exercise, developed in the 1920's by the late Joseph Pilates. It focusses on balancing the whole body through core strength, improving balance, muscle strength, flexibility and awareness to support efficient movement and better posture. Pilates exercises can be modified to make the lesson safe and challenging whatever level you may be. There are six principles to Pilates; control, centering, flow, precision, concentration and breathing. This low impact form of exercise concentrates on quality rather than quantity so that each exercise when performed fully, with precision, can yield great results and an increased sense of wellbeing.

Pilates can be performed on a mat or a piece of equipment called the Pilates Reformer (invented by Joseph Pilates) which is a bed-like frame with a flat platform (carriage) which rolls back and forth within a frame. Springs are attached to one end and provide different levels of resistance as the carriage is pushed or pulled along the frame. Reformers can be easily adjusted for different body types. Lying down, sitting, standing are just some of the ways you can perform exercises on this versatile piece of Pilates equipment.

Birchwood Pilates studios is a popular and friendly studio fully equipped with Pilates Reformers, Cadillac, Pilates chair, spine corrector, jump boards and other small Pilates equipment. It offers excellent tuition by experienced and qualified teachers who provide instruction and exercise modification as necessary. During your 1-hour class (maximum 7 per class) you will receive individual attention and correction. We cater for all ages, levels of fitness and different stages of rehabilitation. Men and women, athletes, dancers, seniors, pre and post-natal.

New to Pilates? – We recommend a 3 week Beginners Course £45

Week 1 : 30 minute private one to one assessment to learn the fundamentals of Pilates and familiarise yourself with the Pilates reformers your teacher can then recommend the right level of class for you.

Weeks 2 & 3 : 1 hour Pilates class in one our many weekly classes. After your course you should be ready to join a regular weekly class. (Timetable overleaf).

Do you have Pilates experience?

If you have Pilates reformer experience, we recommend that you come and try a Taster session (£10) in one of the many classes regular weekly timetabled classes (see over).

Private one to one sessions/assessments

These sessions are recommended if you see a practitioner on a regular basis, recovering from injury or operation, or if you want to simply work on a one to one basis. The sessions are tailor made for you and ideal for any fitness level especially if you want to work on specific areas of your body. £30 : 30 mins £60 :1 hr Discounts available for block bookings

Mat-work Classes

Mat-work classes are booked in 5-week blocks and suitable for all levels.

Thursday 9.30am, Thursday 10.45am -5wk courses £40

A health questionnaire is required to be completed prior to attending any Pilates sessions.

What do I wear? Do I need to bring anything?

Just bring yourself, wear something you would normally exercise in i.e. leggings/tracksuit bottoms. We request that you remove footwear but keep socks on. At the centre there are showers and changing cubicles if required and a drinking water machine. There is plenty free car parking.