

# CHILL PILATES

Physio Led Pilates with Andy Hayward



**Pilates can help you reduce pain, get moving, and feel stronger.**

## Who is this for?

Pilates is suitable for people of all ages, abilities and all levels of fitness. Exercises can be tailored to the individual. Many clients do Pilates because they have reduced levels of fitness, finding the technique a gentle way of raising their activity levels.

## Class Timetable:

### Monday

4:45pm	Beginners & Intermediate	Hayeswood First School
5:45pm	Beginners & Intermediate	Hayeswood First School
6:45pm	Beginners & Intermediate	Hayeswood First School
7:45pm	Beginners & Intermediate	Hayeswood First School

### Wednesday

9:30am	Beginners & Intermediate	Colehill Methodist Church
10:40am	Beginners & Intermediate	Colehill Methodist Church
5:30pm	Beginners & Intermediate	Hayeswood First School
6:30pm	Beginners & Intermediate	Hayeswood First School
7:30pm	Beginners & Intermediate	Hayeswood First School

**Cost:** £8 per session, payable in prebooked monthly blocks.

If you would like more information, please don't hesitate to get in touch with me:

**Andy Hayward**

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

There are also options to carry out pilates classes online if this is more convenient for you.