



Pilates

at Euxton Hall Hospital

Pilates is a mind - body conditioning exercise programme that targets the deep postural muscles of the stomach and back to improve stability and posture.

The mind and body are brought together to achieve these aims through the following eight principles:

- Concentration
- Centering
- Breathing
- Isolation
- Routine
- Precision
- Control
- Flowing movement

Pilates uses specific therapeutic exercise to:

- Retrain muscle balance and correct alignment
- Assist with back mobility
- Improve flexibility of the trunk and lower limbs. It also educates you on body awareness and postural awareness.



**Euxton Hall
Hospital**

Part of Ramsay Health Care

Who is Pilates for?

Pilates suits all ages and fitness levels and is particularly beneficial for those with back pain, poor posture, neurological conditions, mental health conditions, sports injury, arthritis, stress related illness and before and after pregnancy.

Who will teach the class?

Cathy Greenwood - Chartered HCPC registered Physiotherapist and APPI trained.

Amy Waddington - Chartered HCPC registered Physiotherapist and APPI trained.

The Australian Physiotherapy and Pilates Institute (APPI) provide excellent teaching, built upon the traditional Pilates exercises and a wealth of research.

Classes run at Euxton Hall Hospital on:

- Monday 2-3pm
- Monday 5.30-6.30pm
- Tuesday 4-5pm
- Wednesday 5-6pm

Please arrive early to allow time for you to find a parking space and get changed.

The complete course runs over 6 classes and is open to anyone at any level. The cost for the 6 sessions is a total of £48. New clients should arrive at least 15 minutes earlier on the first session to complete the Pilates Registration Form.

If you miss a class unfortunately you are still charged for it, so please try and attend all.

What do you need to bring?

Please wear comfortable clothing in order to allow you to move and change positions with ease. Exercise mats and other appropriate equipment will be supplied.

It is recommended you wear non slip socks.

During the classes we may use equipment; it is your responsibility to ensure you use the equipment as advised by the physiotherapist. If you would like to wear safety glasses then it is your responsibility to bring them to the class.

For more information or if you would like to book a one to one session, please contact your preferred hospital on:

01257 237 037

euxtonhallhospital.co.uk

Public Information



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