



Introduction to Pilates

Lucy Owen

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Introduction to Pilates is an easy-to-follow 30 minute class that has been created specifically to introduce and guide newcomers through some of the most common, simple and effective mat based Pilates exercises.

Introduction to Pilates is ideal for those with little or no previous experience who wish to enjoy Pilates and its many benefits. The class uses clear, expert instruction to provide a well structured workout that gives all the information you need to lay a solid foundation before you progress onto our beginners level audio classes or attend classes at a gym, studio or anywhere else. For those of you who are visual learners, the Introduction to Pilates class is accompanied by a free guide booklet that highlights the instructions and provides reference photographs of each exercise. The class is instructed by Lucy Owen. Lucy specialises in teaching newcomers and in this class she deliberately instructs each exercise slowly whilst providing all the information needed for you to be performing them correctly, effectively and safely .

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