



Pilates

Activity	When	Where	Cost	Contact
Beginners Pilates An important induction to the pilates timetable. 14 years+.	Monday 11:45-12:45 Tuesday 09:30-10:30 /18:00-19:00 Friday 12:30-13:30	Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ	£6.20	01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre
Fitness Pilates – Churchill Emphasis on alignment, breathing, developing a strong core and improving coordination and balance. 16 years +	Tuesday 10.30 – 11.30am	Churchill Sports Centre, Churchill Green, Churchill. BS25 5QL	£4.80	01934 852303 www.better.org.uk
Mat Pilates - Yatton Beginners Pilates class for all ages and levels of fitness. Effective exercises to improve core strength, flexibility and balance. 18+	Tuesdays 7.45 – 8.45 pm	Hangstones Pavilion, Stowey Road, Yatton, BS49 4HS	£8 pay as you go £7 per session when booked as block of 10	AM Pilates 07963910055
	Wednesdays 1.45 – 2.45pm	Yatton Village Hall, The Causeway, Yatton BS49 4HL		
Pilates – Nailsea and Clevedon Increase mobility, strengthen core muscles, improve balance, 16+	Mondays 17.45 – 18.45	Kingshill School, Pound Lane, Nailsea BS48 2NP	£6 per session PAYG or £30 for 6 sessions	Claire Lewis 07769 748989 Clairelewis75@hotmail.co.uk
	Tuesdays 09.30 – 10.30	Nailsea Baptist Church, 79 Silver Street, Nailsea BS48 2DS		



Activity	When	Where	Cost	Contact
	Wednesdays 09.30 – 10.30	Christchurch, Chapel Hill, Clevedon BS21 7LL		
	Fridays 10.00 – 11.00	Tithe Barn, Church Lane, Nailsea BS48 4NG		
Pilates – Nailsea This is a systematic and progressive exercise technique contributing to stability, flexibility and strengthen your body. 14+	Monday 18:00 -19:00 Tuesday 10:30-11:30 / 19:00-20:00 Thursday 10:30-11:30 Friday 11:30- 12:30	Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ	£6.20	01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre
Pilates – Portishead Pilates teaches you how to use your muscles in a controlled way so they work in harmony with your breathing. 16+	Monday 1400-1455 Tuesday 2015-2110 Wednesday 0900-0955 Thursday 1030-1125 & 2000-2055	Parish Wharf Leisure Centre, Harbour Road, BS20 7DD	£6.30	01275 848494 enquiries@parishwharfleisurecentre.co.uk www.placesleisure.org/centres/parish-wharf-leisure-centre
Pilates – Weston-super-Mare Pilates – perfect for all ages and levels of fitness. A relaxing class to help with the stresses and strains of everyday life. A very experienced teacher who can adjust sessions to suit the individual. 18-80 years.	Thursday 8-9pm	The Potteries, Langford Rd, Weston super Mare	£5.00	Deb Saunders Wsmsportsaerobic1@btinternet.com https://debbiesaunderworksports.co.uk



Activity	When	Where	Cost	Contact
<p>Pilates – Beginners /Improvers Pilates improves core strength, back health, balance, mind and body.</p>	Monday 7pm-8pm	The Radio Wing, McCrae Road, Locking Parklands, BS24 7LZ	£5	Amanda Ball 07814 39 2217 aball.2b.fit@outlook.com
<p>Pilates - Uphill Gentle flowing movements that focus on strengthening the core muscles of the body and create flexibility of the surrounding joints. Helping to improve back soreness, strengthen the abdominal pelvic floor muscles and find balance. 16+</p>	Monday, 9.15-10.15am. Friday 9.30-10.30am. Wednesday 7.30-8.30pm	Uphill Victory Hall, Westfield Road, Uphill, BS23 4XG The Blakehay Theatre, Upper Studio, Wadham Street, BS23 1JZ	£5.50/6 per week if whole course paid in advance . £8.50 for drop in.	Emma Duffill 07973 839 463 emma@pilatesinuphill.co.uk www.pilatesinuphill.co.uk <i>Emma also offers private sessions for 1 or 2 people. Please contact for more info.</i>
<p>Pilates: Small Group class Gentle flowing movements that focus on strengthening the core muscles of the body and create flexibility of the surrounding joints. Helping to improve back soreness, strengthen the abdominal and pelvic floor muscles and find balance. This class is limited to 6 maximum so great for individuals recovering from injury or needing to build their confidence.</p>	Tuesday 9.30am, 10.45am, 5.15pm, 6.15pm, 7.15pm, 8.15pm	Uphill Victory Hall, Westfield Road, Uphill, BS23 4XG	£8.50 per week when whole course paid in advance . No drop in option.	Emma Duffill 07973 839 463 emma@pilatesinuphill.co.uk www.pilatesinuphill.co.uk



Activity	When	Where	Cost	Contact
<p>Pilates Pilates – perfect for all ages and levels of fitness, A relaxing class to help with the stresses and strains of everyday life A very experienced teacher who can adjust sessions to suit the individual.</p>	Thursday 8-9pm	The Potteries, Langford Rd, Weston super Mare	£5.00	Deb Saunders Wsmsportsaerobic1@btinternet.com https://debbiesaundersworkouts.co.uk
<p>Pilates – The Campus, Weston-super-Mare General strengthening for beginners to intermediate levels. 16 years+</p>	Mondays, 6.30-7.30pm; Thursdays, 10.45-11.45am	The Campus, Highlands Lane, Weston-super-Mare, BS24 7DX	£5	The Campus 01934 427 427 campus@n-somerset.gov.uk www.the-campus.org.uk