



Pilates for Beginners Class 1

Lucy Owen

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Pilates for Beginners Class 1 is suitable for those with a little previous experience of Pilates. The 45 minute class uses expert tuition to teach a number of simple and effective mat based Pilates exercises that will lengthen, tone and relax your body. The class contains a selection of effective Pilates exercises that are suitable for those with just a little previous experience of this wonderful mind/body exercise system. Subtle background music sets the perfect mood and pace whilst the clear, expert instruction provides all the information needed for the exercises to be performed correctly, safely and effectively. For those of you who are visual learners, Pilates for Beginners Class 1 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 uses easy- to-follow tuition to instruct each exercise. This class forms part of the WellbeingWorld Pilates for Beginners series. Each class in the series gently progresses your ability and knowledge of Pilates whilst increasing the many, many benefits it has to offer.

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