



Ginny's **PILATES** *& more!*

Ginny's classes are back at Mint Condition! We have missed you all so much over the past year and have been looking forward to inviting you all back for our in-person Autumn classes...

Tuesday

10.00-10.45 Pilates
18.00-18.45 Pilates
18.50-19.35 80's Aerobics
19.40-20.20 Stretch & Relaxation

Friday

9.15-10.00 Pilates
10.05-10.50 Pilates

Due to the current Covid climate, and to safe guard you all, we will be limiting numbers in each class. We will also be doing temperature checks on entry, to give you all peace of mind.

Although all mats are cleaned and disinfected between use, please also bring a personal hand towel to use for floor work.

Full-Body Stretch, Mobility and Relaxation

We never give ourselves the time to stretch fully, it takes time and breath. The focus of this class will be to improve your mobility and flexibility, from top-toe, which will gain you better movement and suppleness. The techniques will also focus on your breath and relaxation, allowing your muscles to relax, releasing tension throughout your body and de-stressing your mind at the same time.

Pilates

Top-toe strength and toning throughout your body. The class will help you improve better posture and back/core mobility and strength, gaining you more confidence and movement in your everyday life. We will also incorporate stretch and movement to improve your flexibility.

80s Aerobics

Let's burn those calories, get your heart pumping and have fun along the way. Great cardio fitness plus you get to tone up at the same time! Simple, easy to follow choreography for everyone to be able to enjoy.

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PRICES (7 WEEK TERM)
STARTING W/C 18TH OCTOBER

- PILATES £84
- AEROBICS £84
- STRETCH £70

**BOOK TODAY TO
CONFIRM YOUR PLACE!**

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