

# Pilates & Rehab Classes @ AlbaPhysiotherapy

Caring for Humans and Animals

**\*All of our classes are designed and led by a fully qualified HCPC registered Chartered Physiotherapist!**

Name of the class	What is Involved	When are they	Who are they suitable for
<b>Tuesday Morning Pilates</b>	This class combines traditional Pilates exercises with strength and conditioning movements to give you a full-body workout that will leave you feeling energized and invigorated. You'll use resistance bands, hand weights, and other equipment to challenge your muscles and build strength	Tuesday at 10am in clinic or online	Ideally members have experience in Pilates and all the tools they need to take part. They are confident with their techniques and abilities.
<b>Tuesday Club</b>	A low impact strength and conditioning exercise programme is a great way to improve your overall fitness without putting excessive stress on your joints and muscles	Tuesdays at 12.30pm in clinic	Tuesday Club is a great circuit based exercise programme designed to aid
<b>Back to Basics Pilates</b>	This class is designed to take you back to the basics of Pilates, with routines that prioritise technique over intensity. You can expect to work on your core strength, balance, and posture, all while moving through a series of controlled movements and breathing exercises.	Thursdays at 1.15pm in clinic	Ideal for beginners or those who have not done pilates for a while. Great refresher and ideal way to get on top of your technique!
<b>Friday Club</b>	A rehab exercise class, designed to help improve strength, flexibility, and range of motion, while also promoting healing and reducing pain.	Fridays at 1.00pm in clinic	Ideal for people with arthritis or chronic pain. Safe effective exercise class to encourage mobility and flexibility. Great for prehab/rehab after joint replacement, accident or injury
<b>VIP Pilates Classes</b>	These classes allow individuals to receive professional training from the comfort of their own homes. Focused on strengthening the core muscles of the body. It also helps improve posture, flexibility, and balance.	Monday 10.00am Tuesday 10.00am Thursday 10.00 am Friday 10.00 am online	Our VIP's ideally have experience in Pilates and all the tools they need to take part outside the clinic. They are confident with their techniques and abilities.