



# PILATES CLASSES

FOR AN UP TO DATE TIMETABLE  
OF CLASSES VISIT:

**INFO@BACK-IN-MOTION.CO.UK**

OR CALL

**01953 60 43 31**

CLASSES FOR ALL LEVELS,  
AGES AND EXPERIENCE

NORWICH AND NORFOLK WIDE  
LOCATIONS AVAILABLE



# PILATES CLASSES FOR ALL LEVELS ARE TAUGHT BY PHYSIO PROFESSIONALS



WE OFFER 3 DIFFERENT STYLES OF CLASSES  
TAUGHT IN 6 WEEK BLOCKS

## STUDIO CLASSES...

USING PILATES REFORMER AND  
TRAPEZE EQUIPMENT

6  
WEEKS  
£45

## MATWORK CLASSES...

FLOOR BASED EXERCISE,  
MATS PROVIDED, JUST BRING A TOWEL

## 'ON THE BALL' CLASSES...

USING EXCLUSIVELY THE SWISS BALL  
TO PERFORM PILATES EXERCISE

(ALL CLASSES TAUGHT IN SMALL GROUPS)

## ONE-ON-ONE MATWORK

## AND EQUIPMENT SESSIONS...

30 OR 60 MINUTE SESSIONS  
WITH A PROFESSIONAL PHYSIO  
PILATES INSTRUCTOR

30  
MINS.  
£36

60  
MINS.  
£46

## SPECIALISED

## PILATES CLASSES

ANTE / POST-NATAL  
GENERAL CONDITIONING  
FOR GOLF,  
REHABILITATION OR  
SPORTS TRAINING

6  
WEEKS  
£45

8  
WEEKS  
£60

CONTACT US  
FOR CLASSES IN  
DISS  
WYMONDHAM  
NORWICH



TEL. 01953 60 43 31

WWW.BACK-IN-MOTION.CO.UK