

Pilates: Move Efficiently

The
Dartmouth
HOTEL • GOLF • SPA

Pilates Classes on Mondays at

Foundation Classes, Mondays, 7:45–8:35am

Foundation classes focus on the Pilates principles: core stability, breathing, mobility, alignment, precision of movement and flexibility.

Learning or revisiting these principles helps enhance your Pilates practice and ensures that you get the most from your time on the mat.

This class is suitable for beginners but you will be challenged whatever your level.



Tee Time Pilates for Golfers Classes, Mondays, 3:10–4:00pm

Golf requires skill, power, finesse, and body awareness. Poor core strength, lack of flexibility and restrictions in rotation can drag down your game. The good news is that they can all be improved with dedicated Pilates practice.

Whether you want to lower your handicap, hit the ball further, improve your accuracy or maybe just play a round of golf without pain, you would benefit from a Pilates class that focuses on muscular strength, joint flexibility and the perfect balance between mobility and stability.



www.moveefficiently.co.uk
www.facebook.com/moveefficiently
hello@moveefficiently.co.uk
07572 262658

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Private Sessions: Semi-Private Sessions: Group Classes



I help people progress to a place of increased confidence, strength, mobility and balance using personalised Pilates that meets them where they are at and supports them to move efficiently and exceed that which they thought possible.



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