

# Purely Pilates Specialist Sessions

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## **Pilates Stretch**

Gentle Pilates exercises focussing on stretching and lengthening the muscles.

## **Pilates Core**

Focus on challenging your core muscles. Takes Pilates a step further to wake up and tighten your body's natural corset!

## **Pilates Abs**

Do more abdominal exercises than you thought possible. This will take you through several plank and curl up variations.

## **Hard Core Pilates**

A relentless session not for the faint-hearted. Pilates challenges that take no prisoners! Targets arms, legs and of course the core.

## **Pilates Steel**

Workout with hand weights. Focus on upper body toning.

## **Pilates Bootcamp**

Combination of Pilates and cardio. Test your limits with Pilates drills.

## **Pilates Sculpt**

Combination of Pilates and Body Sculpting. Pilates-based toning of the whole body.

## **Classic Pilates**

Classic Pilates sequenced repertoire. Do the exercises in their original order.

## **Purely Pilates**

Pilates pure and simple. No frills pure Pilates class targeting your deep core and postural muscles.