

# Chair Fit & Fit-to-Function Classes



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# CHAIR FIT CLASS

A **Chair Fit class** is mainly chair-based and incorporates some elements of Pilates combined with strengthening, stretching and balance work.

## This class is for you if you have:

- mobility and/or balance issues
- just returning to exercise and want to ease back into it
- struggle to get on/off the floor
- small group class

**Cost:** £76 for 5 class bundle  
£134 for 10 class bundle

**Must have a 1-to-1 session with a physio before attending classes.**

**WHEN:** Tuesdays  
**TIME:** 10:45am till 11:45am



# FIT-TO-FUNCTION CLASS

Clients use the large Pilates equipment such as the **Reformer and Wunda Chair** in a supportive environment. Exercises can be **more challenging than the Chair Fit class.**

**WHEN:** Wednesdays  
**TIME:** 2:30pm till 3:30pm

## This class is for you if you have:

- mobility and/or balance issues
- undergoing rehab
- struggle to get on/off the floor
- slower paced than Pilates mat work
- small group class

**Must have a 1-to-1 session with a physio before attending classes.**

**Cost:** £76 for 5 class bundle  
£134 for 10 class bundle