



Pilates and Fitness Classes in  
Filey, Muston, Scarborough  
and Brompton by Sawdon

[www.barbarapilates.com](http://www.barbarapilates.com)

eMail: [barbara.pilates@outlook.com](mailto:barbara.pilates@outlook.com)

Contact Number:  
**07711 75 65 72**

## VENUES:

SCAR – SCARBOROUGH ST JAMES, 24 SEAMER ROAD, YO12 4DT

FILEY 1 - ST JOHN'S, WEST AVENUE, FILEY YO14 9AU

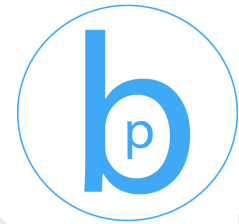
FILEY 2 – METHODIST CHURCH, UNION STREET, FILEY YO14 9DZ

MUSTON - CARR LANE, YO14 0EN

BROMPTON – CAYLEY LANE, BROMPTON-BY-SAWDON, YO13 9DL

## USEFUL INFORMATION

- **Doors open 10 minutes before a class, don't arrive too early if it's cold, raining or both!**
- **Class is done in SOCKS**
- **Wear loose, comfortable clothing you can move in and wear additional layers in the colder months**
- **Remember water, you may not feel like you are working but your muscles will thank you for water**
- **We provide mats and equipment**
- **Payments are CASH only, we have change**



# Barbara Pilates

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# Classes Overview

## Pilates Matwork

An hour of Pilates exercises at your level to strengthen your core, back, pelvic floor and joints. Can be done with no equipment or Pilates rings, stability cushions, bands, massage balls, foam rollers, Pilates wheels etc.

## Pilates Unwind

Pilates with an emphasis on stretching, relaxation including breathing techniques. Perfect for unwinding mind and body!

## Step

A cardio class done to a music beat on and off a platform. Helps improve leg strength, heart and lung fitness and weight loss.

## Pilates 45

Same great mat work class condensed into 45 mins

## Pilates on the Big Ball

Same great mat work class condensed into 45 mins

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# Classes Timetable

## PILATES & FITNESS CLASSES

<b>MON</b>	<b>NO CLASSES</b>			
<b>TUE</b>	<b>MATWORK</b>	<b>0915-1015</b>	<b>FILEY 1</b>	<b>£4</b>
	<b>MATWORK</b>	<b>1200-1300</b>	<b>SCAR</b>	<b>£4</b>
	<b>PILATES UNWIND</b>	<b>1630-1730</b>	<b>FILEY 1</b>	<b>£4</b>
<b>WED</b>	<b>MATWORK</b>	<b>0945-1045</b>	<b>FILEY 2</b>	<b>£4</b>
	<b>MATWORK</b>	<b>1200-1300</b>	<b>MUSTON</b>	<b>£4</b>
<b>THU</b>	<b>MATWORK</b>	<b>1800-1900</b>	<b>MUSTON</b>	<b>£4</b>
	<b>MATWORK</b>	<b>1230-1330</b>	<b>SCAR</b>	<b>£4</b>
	<b>STEP</b>	<b>1530-1615</b>	<b>FILEY 1</b>	<b>£4</b>
<b>FRI</b>	<b>PILATES 45</b>	<b>1630-1715</b>	<b>FILEY 1</b>	<b>£3</b>
	<b>MATWORK</b>	<b>1800-1900</b>	<b>FILEY 1</b>	<b>£4</b>
	<b>MATWORK</b>	<b>0915-1015</b>	<b>BROMPTON</b>	<b>£4</b>
	<b>STEP</b>	<b>1025-1110</b>	<b>BROMPTON</b>	<b>£4</b>
<b>SAT</b>	<b>PILATES 45</b>	<b>1615-1700</b>	<b>SCAR</b>	<b>£3</b>
	<b>PILATES UNWIND</b>	<b>1835-1935</b>	<b>SCAR</b>	<b>£4</b>
	<b>ON THE BIG BALLS</b>	<b>0930-1015</b>	<b>SCAR</b>	<b>£4</b>

## FITNESS CLASSES IN BLUE

# How to Book

There are two different ways to book into a class:

## PERMANENT or AD HOC

### PERMANENT MATS:

These mats are available every week, no need to book each time. However if you are away (when a class is running) for whatever reason you will still need to pay to retain the mat. This should be done in advance if possible.

It is worth letting us know you will be away as if we are able to fill the mats you would get the class transferred to a future class.

### AD HOC MATS:

These are suitable for shift worker or those unable to commit to a regular class each week, they are ad hoc. Book a mat by text, email or calling.



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Book NOW  
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