

TIMETABLE

Room

CLASS DESCRIPTIONS

Monday			Room	Class	Description			
Time	Class	Instructor						
11.30-12.30	Swanrobics	Charleigh	ES	Pilates	A low-impact exercise aimed at strengthening your core and reversing the effects of modern day postures such as sitting, computer work and driving. An excellent way of managing spinal conditions and arthritis.			
16.00 - 17.00	Swanrobics	Charleigh	RG					
17.00 - 18.00	Step by Step	Louise	ES	Ante & Post-Natal Pilates	Ideally our Wings Class is the one to come to if you are pregnant or have just given birth (with baby!), however, if you cannot make that time then let us know and we should be able to accommodate you elsewhere.			
18.30 - 19.30	Pilates	Cat	ES					
19.45 - 20.45	Pilates	Cat	ES					
Tuesday			Room	Class	Description			
Time	Class	Instructor						
Various Times 14.00 - 20.00	Rehab / Sports Rehab	Tom/Cam & Students				RG		
18.30 - 19.30	Pilates	Cat				ES		
19.45-20.45	Wings Pilates	Cat	ES	Swanrobics	A low intensity exercise class to suit all ages and abilities - even if you cannot get up and down from the floor as we can use a chair! Aimed to help keep your aches and pains away between appointments. Swanrobics is a mix of exercise types to stretch, tone, relax and roll out!			
Wednesday			Room	Class	Description			
Time	Class	Instructor						
19.30 - 20.30	Pilates	Cat	ES	Rehab	Run by the rehabilitation team in our dedicated rehab gym, ideal for preparing for surgery, recovering afterwards as well as getting back to exercising after injury or illness and exercising to manage arthritis. Also great for working on balance and co-ordination to prevent falls. All ages and abilities catered for.			
Thursday			Room			Class	Instructor	
Time	Class	Instructor						
10.00 - 11.00	Pilates	Cat						ES
11.15 - 12.15	Pilates	Cat						ES
12.45 - 14.15	Wings Pilates	Cat	ES	RG				
Various Times 14.00 - 20.00	Rehab / Sports Rehab	Tom / Cam / Mike						
Saturday			Room	Class	Instructor			
Time	Class	Instructor						
9.45 - 10.45	Pilates	Cat	ES	Step by Step	Run in collaboration with Postitive Steps Physiotherapy to offer children with Cerebral Palsy and other Neurological Conditions the opportunity to do their Rehabilitation in a group with their parents and peers.			

More Classes in development - please email or call with any ideas to admin@swanphysio.co.uk or 01782 405500 and we will see what we can do!

1-2-1 sessions with all of the instructors are also available

An assessment from the instructor is recommended prior to joining a class

All of our classes are in small groups to ensure close supervision

Classes can also be delivered on site in your workplace by special arrangement - please contact reception for more information.

Direct Debit Options available