

## **Body Benefits**

In just a few sessions of Pilates, it is possible to change and improve the body by gently toning, building strength, increasing flexibility and being able to control your body's movements better than before. You will be more co-ordinated and balanced; enhancing your posture, through corrective alignment and consequentially suffering fewer back problems.

After a Pilates class with CORE FACTOR PILATES you will feel exercised, energised. more mobile and also feel very relaxed, ensuring a great night's sleep!

With the regular and correct performance of Pilates the body's muscles can be developed together and ultimately will produce a more healthy tuned body and happier you!

# BALANCE

# BODY & MIND

Elizabeth Reid, Level III Pilates Instructor is a Member of FitPro (Fitness Professionals Ltd) and BackCare Professional Associate Member





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## **CORE FACTOR PILATES**

## VENUE & ZOOM CLASSES

ELIZABETH REID LEVEL III PILATES INSTRUCTOR WITH OVER 20 YEARS EXPERIENCE







#### MEMBER OF FITPRO

BACKCARE PROFESSIONAL ASSOCIATE MEMBER ack PROFESSIONAL MEMBER







Like

Elizabeth Reid, 'The Spine Stretch' - Luskentyre Beach,

The Isle of Harris, Scotland

# **CORE FACTOR PILATES CLASSES**

## What is Pilates?

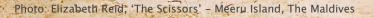
Pilates is a unique form of exercise, created by Joseph Pilates (1883–1967) encompassing the ORIGINAL 34 Mat work exercises. Using the mind to specifically control the body's core muscles, which are the lower back, stomach, hips and behind, Pilates works the complete body muscles uniformly with controlled and focused breathing, correcting imbalances in posture. Pilates helps the body to regain balance, increase strength and control without sweating. These unique Pilates exercises work to strengthen and lengthen the muscles, conditioning and toning the body from the inside out.

Feel younger, happier, stronger and healthier!

Get the CORE FACTOR with Pilates Liz.

## The Breathing Technique

Using the correct breathing technique is essential and fundamental to the Pilates principle and the first step in controlling the body's muscles to perform the exercises with maximum benefits. Breathing needs to focus on the exhatation. Breathing OUT, whilst gently squeezing the lower region of the stomach muscles IN, is the key to the technique. A firmer and stronger stomach not only looks better but helps to support the back and maintain a more correct and comfortable posture.





### **Costs & Information**

Elizabeth Reid is a Qualified Level III Pilates Instructor with over 20 years experience and thrice Muddy Stilettos Awards Winner 2022, 2019 and 2018) & National Finalist 2022 with a passion for teaching the true ORIGINAL Mat work Pilates exercises, as created by Joseph Pilates himself (1883–1967) as detailed in his book published 1945.

**CORE FACTOR PILATES** was established in 2009 and provides **8 Pilates classes** (5 day-time and 3 evening) which are also streamed LIVE on Zoom! Suitable for adults of all ages, all fitness & experience levels.

Core Factor Pilates Membership at £90, gives you UNLIMITED VENUE & ZOOM CLASSES, over 10 weeks plus UNLIMITED HOUSEHOLD ZOOM MEMBERSHIP & ACCESS TO PILATES VIDEOS! Incredible value!

Single, Trio, 5 or 10 CLASS PASS options are also available. Passes last a month, 3 months or 6 months, which give more time to attend classes.

Those new to Pilates and the experienced can practice Pilates in the same Zoom class, making classes rewarding, fun and suitable for all Low, Intermediate and Full Versions of each ORIGINAL exercise are provided to accommodate all levels with Adapted Versions to suit most conditions.

# **BOOK ONLINE**



Dec 2024

🛛 VENUE & 🕇	ZOOM Class Schedule
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Mc	on	6-7pm	Somersham & 🧚ZOOM. Royal British Legion
Tue	e	11:30am-12:30	Somersham & 🕻 ZOOM Victory Hall (small hall)
		6-7pm	Somersham & 🐤 ZOOM Millennium Halll
Wed	ed	9:15-10:15am	Somersham & 📌 ZOOM Victory Hall (small hall)
		11:15am-12:15	Bury & 🎲 ZOOM Bury Village Hall
Thu	u	10-11am	Somersham & 📌 ZOOM Victory Hall (large hall)
		6-7pm	Abbots Ripton & +ZOOM Abbots Ripton Village Hall
Fri		10-11am	Needingworth & ' <mark>,+</mark> ZOOM Needingworth Village Hall
Sat	t	10:30-11:30am	Saturday Specials Somersham Victory Hall

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