

# Barre Pilates (a fusion of Ballet and Pilates) at Havering College, Ardleigh Green (8 GL)



Location **East of England, Essex**  
<https://www.freeadsz.co.uk/x-332248-z>

Barre Pilates Community classes local to you

'In 10 sessions you will feel the difference, in 20 you will see the difference, and in 30 you will have a whole new body' Joseph Pilates

Pilates is respected and recommended by leading medical professionals for rehabilitation and enhancement of the body's performance and functionality. Pilates improves flexibility, builds strength and develops control and endurance in the whole body. On your Pilates course you will work on improving your posture and alignment, you will learn how to control your breathing to enhance your performance of the exercises, you will develop strong (centre/core) muscles to support your back and spine, and will improve your balance and coordination. All courses work on the original principles and fundamentals of Pilates and work towards to the full 34 Pilates moves. Classes take place at Havering College, Ardleigh Green on Tuesday evening and Saturday morning.

Barre Pilates is a fusion of ballet and Pilates at the barre. It is the most fabulous legs and glutes (bottom) workout, as well as perfect for improving posture and strengthening the whole body. You do not need any Pilates, ballet or barre experience to come along and enjoy this course. It is for complete 'Barre' beginners.

Testimonials Barbara Bence says (about Barre Pilates):

"Thank you for a very enjoyable Barre Pilates class. I am now finding myself trying and succeeding in doing certain Pilates moves that I never thought possible when I first started and I am enjoying the

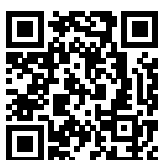
benefits of feeling stronger and more flexible" February 2016

Pauline says (about Barre Pilates): "I really enjoy the Barre Pilates class, it's a combination of ballet and Pilates, it's tough but it's a fun class, it's done in a safe way and it's a great relaxation after a day of the week."

Pauline increases the intensity gradually each week and her detailed knowledge and experience shine through. February 2016 Visit website for more information and to book

[www.inspirehealthandfitness.co.uk](http://www.inspirehealthandfitness.co.uk) [www.pilatesinhornchurch.co.uk](http://www.pilatesinhornchurch.co.uk) or call Pauline on: 07821 969405

008219694... (click to reveal full phone)



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