

# New Barre Pilates, inspired by ballet and Matwork Pilates (8 GBP)



Location **East of England, Essex**  
<https://www.freeadsz.co.uk/x-237551-z>



Barre Pilates is an infusion 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. January dates for all Pilates courses: Try before you buy subject to availability. Contact me to book a space.

Tues 5th Jan - 26th Jan 6.45pm (Introduction to Pilates 4 week course) Havering College

Tues 5th Jan – 9th Feb 8.00pm (Barre Pilates 6 week course) Havering College - Full

Wed 6th Jan – 27th Jan 6.15pm (Introduction to Pilates 4 week course) HASWA

Sat 9th Jan – 30th 9.45am (Introduction to Pilates 4 week course) Havering College, Ardleigh Green

Sat 9th Jan – 13th Feb 11am (Barre Pilates 6 week course) Havering College, Ardleigh Green

Testimonials: Lucy Fraser says:

"I have been to a lot of different Pilates courses and this is by far the best one!" September 2015 Karen Hawkes says:

"The whole course was such a positive experience - everyone was encouraged through every move, yet never forced to do anything they found uncomfortable. A very welcoming, inclusive atmosphere and a very positive, encouraging instructor. Really looking forward to the next course." September 2015 Bev Smith from Hornchurch says:

"I love the classes and each class is at the right pace and I always feel capable to doing the exercises even as a complete beginner. Pauline is a real inspiration and demonstrates the moves perfectly. This is why I have re-booked and have told all my friends about it :-)" February 2015 ;



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