

# Hybrid Pilates.

10.05 – 10.50  
a.m Tuesdays



This session will be functional, and highly effective for the 'core', comprising strengthening abdominals, Gluteals, and back extensors whilst highlighting areas that I KNOW to be generally shortened (hip flexors, pectorals). Drawing on years of experience with rollers, weights, flexibility and mat work, Cat will leave you feeling lengthened, strengthened and revitalized. Classes like this are enjoy longevity on our club timetable for one simple reason – they work. Try this class. \* the last 10 minutes are tough so you are free (and safe) to opt out and simply stretch (Cat will provide these for you)