



# BE ACTIVE

## Pilates

### Days:

Tuesdays (face-to-face and online)

Thursdays (online only)

**Times:** 12-12.40pm

### Location:

The Pilates Studio

Bexley Village DA5 1BF

Book through the Recovery College.

There is a fee of £3 [Google Maps](#)



Pilates, pronounced “Puh-Lah-Tees”, takes its name from Joseph Pilates who was born in Germany in 1880. Pilates believed mental and physical health were closely connected. His method was influenced by western forms of exercise, including gymnastics, boxing and wrestling. He immigrated to the US in the 1920s and opened a studio in New York, where he taught his method, which he called Contrology.

Pilates mat-work classes are fun, but also designed to help you improve flexibility and strength. Small equipment such as bands, toning circles and balls are used during mat-work classes to help you achieve better movement patterns and provide you with more awareness of your body – and of course to challenge you! Our instructors cater to each individual, offering alternative movements if needed - so there is never a reason to worry about your ability.



[mindinbexley.org.uk/recovery/](http://mindinbexley.org.uk/recovery/)

