



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 OF BODY & MIND

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



@PilatesLiz



Photo: Elizabeth Reid, 'The Spine Stretch' – Luskentyre Beach, The Isle of Harris, Scotland



CORE FACTOR PILATES

VENUE & ✨ ZOOM CLASSES

ELIZABETH REID

LEVEL III PILATES INSTRUCTOR

WITH OVER 19 YEARS EXPERIENCE



MEMBER OF FITPRO

BACKCARE PROFESSIONAL ASSOCIATE

MEMBER

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 exhalation. 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.



Course Costs & More Information

Elizabeth Reid is a **Qualified Level III Pilates Instructor** with over 19 years experience and 3 times **Muddy Stiletto 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 (1883–1967)**.

CORE FACTOR PILATES was established in 2009 and provides **10 VENUE Pilates classes** (5 day-time and 5 evening) which are streamed LIVE on Zoom! Courses run on a 10 week rotational and progressive basis, suitable for adults of all ages and virtually all fitness levels!

Core Factor Pilates Membership at £90, gives you UNLIMITED VENUE & ZOOM CLASSES, plus UNLIMITED HOUSEHOLD ZOOM MEMBERSHIP & ACCESS TO PILATES VIDEOS! Incredible value! There is also Single, Trio, 5 or 10 CLASS PASS options for the ultimate choice in flexible class attendance, in both senses of the word!

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

To book your place at **VENUE** or on **ZOOM** and for more details contact:

admin@corefactorpilates.co.uk

M 07530 43 82 37 T 01487 843 477

corefactorpilates.co.uk

VENUE & ✨ZOOM Class Schedule

Mon	6–7pm	Somersham & ✨ZOOM. Royal British Legion
Tue	11:30am–12:30	Somersham & ✨ZOOM Victory Hall
	6–7pm	Somersham & ✨ZOOM Millennium Hall
	7:15–8:15pm	Somersham & ✨ZOOM Millennium Hall
Wed	9:15–10:15am	Somersham & ✨ZOOM Victory Hall
	11:15am–12:15	Bury & ✨ZOOM Bury Village Hall
Thu	10–11am	Colne & ✨ZOOM Colne Village Hall
	6–7pm	Abbots Ripton & ✨ZOOM Abbots Ripton Village Hall
	7:30–8:30pm	Pidley & ✨ZOOM Pidley Village Hall
Fri	10–11am	Needingworth & ✨ZOOM Needingworth Village Hall
Sat	10:30–11:30am	Saturday Specials

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