

**Jules Hardman Pilates Classes
at Alderley Edge Community Primary School**

**6-week Beginners Pilates Course
Tuesday 9th September @ 8.15pm - 9.15pm**

Hi, I'm Jules Hardman and I'm a Body Control Pilates teacher. Body Control Pilates Association is the largest professional Pilates organisation outside the USA, and world leading provider of training for Pilates teachers. Body Control Pilates is widely seen as a benchmark for safe and effective teaching of the highest quality. I have been teaching Pilates classes in Alderley Edge and Wilmslow since qualifying in 2010. I teach classes at AECPS on Monday & Tuesday evenings. The School Hall is the perfect venue to hold my Matwork classes.

If you're new to Pilates I'd love to welcome you to my new Beginners Pilates Course at AECPS starting in September. As well as Beginners I also teach Improvers, Intermediate, Advanced level as well as High Intensity Power Pilates Classes. In these classes I use small equipment, foam rollers, magic circles, overballs and resistance bands to challenge my clients.

Qualifications

Body Control Pilates - Level 3 & APPI Matwork Level 3
High Intensity Power Pilates
Reformer on the Mat using Pilates Bands
Intermediate Matwork
Small equipment, Overball, Magic Circle & Foam Roller
Ultimate Pilates Technique
Standing Pilates
Pilates for Pregnancy Pre & Post
Pilates for Older Persons
Pilates for Horse Riders, Skiing, Runners, Cyclists
Pilates for Osteoporosis and Bone Health
Pilates for Scoliosis
Hip issues & Solutions, Pre & Post Op
Shoulder Movement & Rehabilitation
Pilates for PoTs, ME, Fibromyalgia
Pilates for the Menopause
Pilates in Breast Cancer Rehabilitation
Understanding Hypopressives & the Pelvic Floor
Mobilise your Fascia

For further details and how to book, please contact me:

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