

Pilates at SRS



Interested in Pilates classes?

Pilates is a form of exercise that builds strength, improves flexibility and develops control over the whole body. Movements are infinitely adaptable so that they can be enjoyed by everybody, both those not used to exercising regularly or recovering from injury, as well as those looking for a more challenging workout. The exercises promote good back health. Pilates mat classes are appropriate for young and not so young, men and women.

I run classes on Monday and Wednesday in Surbiton and Friday in New Malden.

Classes are small and friendly! Class sizes are limited to 12 so that individual attention and correction can be given.

If you would like a free trial class, please contact me at tjknoesen@outlook.com, or by mobile 0789 4670269



Unfortunately classes are not being run at the moment due to COVID 19 restrictions, however, a typical timetable is as follows:

DAY	TIME	COURSE DATES	COST	LOCATION
Monday <i>Pilates general</i>	9:30 – 10:30 am	5 weeks	£12 per class (£50 if course prepaid)	United Reform Church Raeburn ave
Wednesday <i>Pilates general</i>	10:30 – 11:30 am	5 weeks	£12 per class (£50 if course prepaid)	Surbiton Racket & Fitness Club, Berrylands
Friday	12:30-1:30 pm		Special offer £10 per class	New Malden Studios

ENQUIRIES:

Tammany Knoesen
Pilates at SRS
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Mobile 0789 4670269 for text messages or
over WhatsApp