

# Price list — From Jan 2019

Studio Mat/ Somatics/ Oov/Pre+Post-natal

Drop in - £10.50

5 sessions - £47.50 (£9.50 each)

10 sessions - £90 (£9 each)

Reformer/ Studio Equipment

Drop in -£16

5 sessions - £75 (£15 each)

10 sessions - £145 (£14.50 each)

\*A reformer orientation must be carried out before joining first class

Gyms.

Drop in - £25

5 sessions - £118.75 (£23.75 each) 10 sessions - £225 (£22.50 each)

\*A programme will need to be written before joining first gym.

Gym Package - £245

Consists of: 1 screening

2 programme 121 introductions

5 gym sessions

Director (Kath) 1-2-1 Appointment (60mins)

1 session - £60

5 sessions - £285 (£57 each) 10 sessions - £540 (£54 each)

Director (Kath) Hendrickson/mini 1-2-1 (45mins)

1 session - £45

5 sessions - £213.75 (£42.75 each)

1-2-1 Appointment (60mins)

1 session - £55

5 sessions - £261.25 (£52.25 each) 10 sessions - £495 (£49.50 each)

Mini 1-2-1 (45mins)

1 session - £40

5 sessions - £190 (£38 each)

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# **Pilates At Home Prices Open Now**

**RD Boyd** 

## **Pilates At Home Prices Open Now:**

Quit the Gym... Lose Weight at Home Now! Ryan Crandall,2006-03 Lose weight at home with sound principles and minimal equipment Indianapolis Monthly, 2001-09 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy's cultural landscape Atlanta Magazine, 2003-01 Atlanta magazine's editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine's editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region

**Orange Coast Magazine**, 2003-11 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County s only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county s luxe lifestyle New York ,2010-05 Atlanta Magazine ,2006-01 Atlanta magazine's editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Hangman's Game Bill Syken, 2025-09-23 After losing his starting position as a college quarterback to a shoulder injury Nick Gallow has remade himself as a punter Now in his fifth year in the pros with the Philadelphia Sentinels Nick spends most of his time on the sidelines He no longer makes winning plays and when the team visits a hospital the sick kids would rather talk to the players

they ve actually heard of But Nick is unexpectedly thrust back into the spotlight when he witnesses the murder of the new all star draft pick on the eve of the team's summer minicamp Nick has no plans to get involved Despite the murder his focus is squarely on an uppity rookie player eyeing his roster spot But after a second attack hits closer to home and the police go after the wrong man Nick finds himself driven by the chance to be a hero again In Hangman's Game Syken offers a seasoned sportswriter's take on the contemporary culture of football and the will to play on despite the game's toll on the body and Billion Dollar Revenge: A Fake Dating Opposites Attract Romance Sharon Woods, 2024-10-25 Revenge is so much sweeter when it s with your ex boyfriend s billionaire boss And it doesn t hurt that his broody boss looks hot as sin in a three piece suit I Chelsea Macfarlane was in love Well I thought I was Until I found out my boyfriend of two years was a big ol lying cheater on my birthday So when my ex s hot CEO Evan Lincoln hears about my heartbreak he proposes the perfect plan for revenge a fake relationship One scorching hot kiss with Evan knocks me off my feet His sweet ways only compliment his broody good looks Before long I realize I m falling head over heels for someone with a heart that s just as broken as mine Can we heal our hearts together or is our connection as fake as our photos posted on social media Billion Dollar Revenge is a standalone spicy opposites attract fake dating billionaire romance Yoga Journal, 2001 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion Orange Coast Magazine, 2006-06 Orange Coast Magazine is the oldest continuously published lifestyle and beauty magazine in the region bringing together Orange County's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County s only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county s luxe lifestyle "The" Illustrated London News ,1874 Kick the Ball Tony Gland, 2021-10-09 Football coach Tommy Warsly is going through some tough times He had recently been fired from a European club following a scandal Now he is a real outcast in the football environment After Tommy s wife had cheated on him it seems that his family had been ruined beyond hope His daughter Bree despises him All this makes the man depressed and it seems to him that this nightmare will never end He finds solace in drinking unable to believe that some luck might be coming his way However everything changes when he receives an offer from New York A head coach is required at a local club and Warsly may just be the right man for this job Having overcome doubts Tommy agrees and goes overseas The man cannot even imagine what changes are waiting for him there From that moment on his life begins to change rapidly both externally and internally **Immaculate Conception** Thalia Amma Sophia, 2023-12-15 Miracles and phenomena of mystery

between black magic miracles and phenomena and religion The first and last parts of Immaculate Conception tell the story of how a girl of the light becomes a real woman and let her wings unfurl Through trials and tribulations the reader is invited to reflect on testimonials of an initiate in a patriarchal society of dogma At its core this is a tale of a young woman in search of a life filled with love spirituality and the simple joys of existence all while embracing her soul s destiny Her story unfolds amidst the backdrop of stress drama a ha moments and deep rooted family traditions guided by the steadfast presence of God s apostles The second part is packed with rituals channelled prayers affirmations and angelic protection invocations to call on for a while or at various times Special Key phrases have Sophia Codes that are lately coming to humanity for co creating healing and expanding With the support of Mother Mary and Archangels Thalia Amma Sophia opens you to receive grace brings you alignment and activation of your Higher Self to neutralize the magnets pulling you into dysfunctional behaviour and past Life overlays Prepare to awaken your innate ability to manifest desires and nurture creative ideas Immaculate Conception extends an invitation to embark on a transformative journey where miracles faith and the boundless power of the human spirit intersect promising the potential for grace fulfilment and profound transformation Fodor's Big Island of Hawaii Fodor's, 2007 Lava fireworks lush rainforests snow capped Mauna Kea and hidden perfect beaches the Big Island defies expectations Fodor s is the key to discovering it all from green sand beaches to charming old plantation towns with the most up to date coverage readers expect Atlanta Magazine, 2006-01 Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine's editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region **Orange Coast Magazine**, 1999-08 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County s only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county's luxe lifestyle **Lucie Heaton Cross** Stitch Collection 2021 Magazines Global, Lucie Heaton Cross Stitch Collection 2021 Terminal Zones Gareth E. Rees, 2022-10-13 Fresh and disturbing stories mapping out the pressure points in the psychedelic everyday Rees consistently

reaches the places others do not Will Wiles author of Plume Gareth E Rees propels us into a vast and uncanny future showing us brief snatches of a world to come A poignant message delivered with guile wit and beauty Matt Wesolowski author of Demon Strange compelling and brilliantly funny Matt Wesolowski author of Demon Ten tragicomic tales of environmental and personal disaster from the margins of town and country A troubled hipster is seduced by an electricity pylon Sinister omens manifest in a supermarket car park A motorway bridge becomes a father Malevolent bacteria plaque a polar icebreaker A bioengineered abomination lurks in a Gloucestershire railway terminus The weekly bin collection pushes a man over the edge A former squatter clings to her home on a crumbling cliff Joyriders are foiled by Anglo Saxon floodwaters Vampiric entities stalk B Q And fiery catastrophe comes to the zoo Gareth E Rees s first collection of short fiction explores lives on the verge of breakdown where ordinary people are driven to extremes by the effects of late capitalism and ecological collapse The Economist ,1902 **Health Fitness Management** Mike Bates, 2018-11-15 Health Fitness Management Second Edition provides an in depth picture of the varied and rewarding role of the health and fitness club manager With contributions from leading experts in the fitness industry several new chapters a more practical emphasis enhanced features and the addition of instructor resources this second edition is the most authoritative and field tested guide to management success Whether soothing disgruntled members ensuring club safety and profitability or motivating staff to perform at their best health and fitness club managers require the right mix of skills and flexibility to support the success and continued growth of their clubs Both aspiring and practicing club managers can rely on Health Fitness Management to help them acquire and improve their management skills across all areas Human resources Understand the importance of organizational development and the payoffs of thoughtful staff recruitment training development retention and compensation Sales and marketing Discover new ways to attract and retain members and increase profitability with the right mix of products and services Financial management Learn how to read financial statements and understand and control the risks associated with running a fitness club Facility maintenance Implement systems to ensure the upkeep and safety of the facility and its equipment Program evaluation Determine the fitness level of the club and its programs capitalize on strengths and find solutions to improve weak areas Industry perspective Understand the history of health and fitness management its present status and future trends Health Fitness Management Second Edition has been fully updated and organized for maximum retention and easy reference Each chapter begins with Tales From the Trenches a real life example that clearly illustrates the chapter's theoretical focus Special The Bottom Line segments sum up the key points of the chapters in an applied context so readers can see exactly how the information is applied on the job Learning objectives key terms and a list of references and recommended reading round out each chapter to make the material even more comprehensive to students and a new instructor guide and test package make the text ideal for instructors teaching a course Practitioners will find the added bonus of many time saving reproducible forms including a sample membership agreement an equipment maintenance form

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