

WATERGATE BAY

H O T E L

WATERGATE BAY PILATES

PROGRAMME



Practise Pilates by the sea with Marina Huxley, a qualified body control Pilates teacher. The classes are designed to improve posture, flexibility, co-ordination and core strength. Working the whole body from head to toe, leaving you feeling supple and revived. Marina will also lead some shorter, more focused optional workshops, designed to deepen understanding of Pilates and work on specific areas of your practice.

WHAT TO EXPECT

DAY ONE

5 - 5.30pm

Meet and greet

Meet Marina and your fellow guests before the evening class. You will be asked to complete a health questionnaire and Marina will be on hand to answer any questions you have about the weekend.

5.30 - 6.45pm

Welcome evening class.

Relax and settle into your surroundings with a gentle class, designed to help you focus inward, ease away any tension in your body and calm your mind.

7.30pm

Dinner in Zacry's (optional)

DAY TWO

7.45 - 8.30am

Beginners briefing

If you are new to Pilates, this briefing will help you understand some of the basics before joining the morning energiser class. Marina will talk you through what to expect in your class and demonstrate some of the exercises. You'll get a chance to try some of them and ask questions before the class. The briefing will be a combination of observation, discussion and movement.

8.30 - 9.30am

Morning energiser class

This class is designed to mobilise the body from head to toe, focusing on moving with flow, control and energising you for the day ahead.

9.30am **Breakfast in Zacry's** (for hotel residents)

11.30am - 1pm **Workshops** (30 mins each)
Each workshop has a specific focus and you can do as few or as many as you like.

- "What is Pilates? The Pilates fundamentals"
- "Core blast – Pilates for strong abdominals & core stability"
- "Healthy hips"

1pm **Lunch break/ free time**

6pm **Relax, lengthen and breathe class**
A gentle class to end the day. We'll be doing some slow movement, stretches and deep breathing, to leave you feeling calm, relaxed and prepared for a peaceful night's sleep.

7.30pm **Dinner in Zacry's** (optional)

DAY THREE

8.30 - 9.30am **Morning energiser class**
Designed to mobilise the body from head to toe, focusing on moving with flow and control and energising you for the day ahead.

9.30am **Breakfast in Zacry's** (for hotel residents)

11.30am - 1pm **Workshops** (30 mins each)
Each workshop has a specific focus and you can do as few or as many as you like.

- "Toned arms & shoulders"
- "Extend your spine"
- "Focus on feet"

1.00pm **Lunch break and close**



To make a booking, please contact our reservation team or **01637 861295**.