



## Classes instructed by Hayley Deane

Hayley is a certified Pilates instructor through the renowned STOTT Pilates. She is qualified in both matwork and Reformer Pilates as well as pre & postnatal. She has a Ba(hons) degree in Dance Performance and qualified in Barre through MK Pilates. Previous to starting Pilates & Barre Biggleswade, Hayley has gained vast teaching experience including Head of Pilates for Emma James Physiotherapy Clinic, St Albans Spinal Wellness Clinic, Breathing Space Spa, Perfect Balance Clinic, Clinic8 & Twisted Yoga. Hayley also works in partnership with The Osteo Practice, offering specialist rehabilitation and core strengthening programmes on a 1:1 basis.

Hayley has modelled for sporting brands including Adidas and Reebok, and featured in Women's Health Magazine and Health & Fitness Magazine.



## Pilates & Barre

Biggleswade

- Pilates Matwork Classes
- Barre Workout Classes
- Pregnancy & Postnatal Pilates
- Reformer Pilates
- Private Lessons

[www.pilatesbiggleswade.co.uk](http://www.pilatesbiggleswade.co.uk)

## Pilates

A safe & highly effective low-impact way to stretch, strengthen & streamline the body. STOTT Pilates helps to develop optimal strength, flexibility, endurance & posture, without building bulk or stressing joints

**Tuesdays 6pm**  
**Tuesdays 7pm**  
**Sundays 10am**



Advanced booking essential

**£5  
Taster  
Class**

## Mum & Baby Pilates

Regain your core and pelvic floor strength, realign your posture whilst toning and having fun with your little one. Safe and effective corrective exercise from 6 weeks postpartum.

**Thursdays 10am**



Advanced booking essential

**6 week  
course  
£40**

## Barre Workout

The new fitness trend, due to the great toning results it achieves. Exercises are inspired by ballet, Pilates & yoga and involve repetition & pulses to get great toning & sculpting effects.

A fun, dynamic class which builds strength & endurance and improves flexibility & coordination

**Tuesdays 8pm**  
**Sundays 11am**



Advanced booking essential



**All classes held at The Orchard  
Community Centre, Sullivan  
Court, Biggleswade SG18 8SZ**

[info@pilatesbiggleswade.co.uk](mailto:info@pilatesbiggleswade.co.uk)  
[facebook.com/PilatesBiggleswade](https://www.facebook.com/PilatesBiggleswade)

£8 per class paid in monthly blocks. Discount for 2 or more classes a week. £5 taster class. All classes must be booked in advance