



SUMMER 2017

# WELCOME TO PILATES BODY AWARENESS

Pilates By Chris Hocking. Est. 1987  
Central London - EC1R 4RP & EC1V 7AH

**Special  
OFFER**  
5 classes  
for  
**£30**

This summer we celebrate the 30th birthday of Pilates Body Awareness, Pilates matwork at 5 levels catering for the needs of all, whether the complete beginner or an active (or retired !) world champion. During July, August and September 2017, PBA is offering a short introductory 5 week course for the special price of £30. New students only.

You may still purchase the Taster classes first, £15 for 2 classes in 2 consecutive term-time weeks and then go on to purchase the 5 week course, 5 classes in 5 consecutive term-time weeks.

Launched in Sept 1987 by ex-professional dancer, Pilates enthusiast and founder member of the ground breaking 1980s British Pilates movement, Chris Hocking, still teaching, welcomes you to join our friendly and progressive school of fabulous and affordable Pilates.



Normal price **£110 for 10 classes.**  
Please book on line in 'joining' or text **07881 494212** if you prefer to check availability or need to check suitability.

## 1 hr CLASSES

Entry Level Basic Pilates  
-Tues 7pm -Thurs 8pm & -Sat 3.30pm  
Remedial Pilates - Sat 10.45am  
Swap-in allowed between classes.

*Carefully considered and structured graded Matwork classes from Beginners to Advanced for well being, strength, flexibility, agility, a healthy spine, better posture and more.*

**Christine Hocking**

## RECENT STUDENT COMMENTS

"On a weekly basis, I feel and look better and this keeps me coming back for more." K  
"I love the discipline and humour of this class." C  
"Chris helped me to understand what I needed to do to improve my physique. She has an encyclopaedic knowledge of anatomy and it has filtered into my everyday life. I now make sure I stand and sit properly!" G  
"I immediately signed up to the next term and have been amazed at how much I have got out of it and how motivated Chris has made me to keep improving. Thank you!" L  
"Chris' strength comes from her vast experience, her attention to detail and knowledge of the anatomy of the body." A

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

The Urdang Academy (Tues & Thurs) The Old Finsbury Town Hall, Rosebery Ave, EC1R 4RP  
Urdang 2 (Sat am & pm) 259-263 Goswell Rd, EC1V 7AH.

