

The Pilates Studio

“Physical fitness can neither be acquired through wishful thinking or acquisition.”

The Pilates Studio is situated on the 5th Floor of the prestigious Marriot Hotel as an independent studio to The Club & Spa County Hall.

The Pilates Studio is open to the public (non members) as well as members of The Club & Spa County Hall.

We have chosen to install equipment most similar to that which Joseph Pilates deigned and used himself and had installed in his studio in New York.

We maintain what we believe to be the essence of the system Joseph Pilates himself taught whilst developing in a way most in keeping with his original principles.

Joseph originally taught his clients on a one to one basis; it is a principle we up hold. You will find in other Pilates studios, sessions conducted by one teacher with up to five clients. We fail to see how this can benefit the client or the client get true and full benefit from a system that was designed to be taught on a one client, one teacher basis.

The system is about addressing individuals' requirements on a moment by moment, day by day basis. Even exercises clients repeat from one day to the next maybe changed in a way that would most benefit their needs at that moment.

Floor Work Classes.

We also run a number of Pilates Floor work classes.

These are an integral part of the work a client does in the studio and we encourage all our clients to maintain and supplement their accomplishments in the studio with these classes.

The classes are conducted for various levels of ability. Clients will only be seeded into a class we feel is relevant to their level of competency

Studio opening Hours.

Monday- 10am -2pm Last Appointment at 1pm

4pm – 8pm Last Appointment at 7pm

Tuesday- 4.15-8.14pm Last appointment 7.15pm

Wednesday- 10am -2pm Last Appointment at 1pm

3.30pm – 8pm Last Appointment at 7pm

Thursday- 10am -2pm Last Appointment at 1pm

4pm – 8pm Last Appointment at 7pm

Friday- 10am -2pm Last Appointment at 1pm

Open Workshops.

We conduct workshops suitable for Pilates enthusiasts, clients and Pilates teachers.

These are held

Friday - 2pm-4.30pm

Saturday - 10am – 12noon

1.30pm – 4.30pm

Studio Etiquette.

Clients are expected to arrive ready to commence their session at

the set time and leave in a timely manner to enable the next client to commence their session.

Clients can expect Studio sessions to take 55min

Floor work classes are 45min up to 1 hour dependent on the class time table.

Clients wishing to join the Floor Work classes who are non members of The Club & Spa County Hall are expected to arrive at The Pilates Studio 15 min before class commences to enable us to take you to the Floor Work Studio

There is a 48 hour notice period to cancel Studio sessions failure to provide us this notice makes it difficult to fill the appointment so we reserve the right to charge for the missed studio session.

Floor Work Classes are paid for prior to the beginning of each Floor Work Class course and whilst we will endeavour to allow a client into a different class to compensate for any missed classes we cannot guarantee this will be possible as this will be subject to availability of spaces in the classes and the suitability of the client to the class level.

No food is allowed in the studio and only bottled water

What to wear.

Please ensure you are comfortable and able to move and be able to sense body placement

Layers maybe felt necessary which can be removed once warmed up.

Cloths that show body line are preferable but not absolutely necessary.

No shoes are permitted in The Pilates studio floor space or on the

machines so clean feet, socks/tights.

We have access to locker room changing facilities.

Please if possible remove all sharp jewelry as there is risk of damage to the studio apparatus.

There must be no jewelry that hangs from neck or ears as there is risk of it getting caught in the studio apparatus.

For more information please contact Jonathan Lee

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