

Lancashire

# Pilates

Studio





**“In 10 sessions, you will feel the difference, in 20 sessions you will see the difference and in 30 sessions you will have a whole new body.”**

**-Joseph Pilates**

# Welcome to Lancashire Pilates Studio...

Lancashire Pilates Studio was founded in 2008 by myself, Keely Haigh. I started my career as a dancer training at Kate Simmons Dance Ltd and then at the Northern Ballet School. I discovered the effectiveness of Pilates whilst rehabilitating from several dance related injuries and fell in love with the method instantly. My passion and love for the work continues to grow on a daily basis, I thrive on seeing the benefits it gives to my clients and how their bodies continue to improve.

The studio has a lovely peaceful and welcoming environment where all the staff are passionate about their work and enjoy working with all physical issues. Whatever your age, experience or level of fitness, the Pilates method can help you to get the best out of your body. Whether you are recovering from an injury, have a bad back, need to improve performance in your chosen sport or simply want to get fitter and stronger, we have the class for you!



**“ When I first came to the studio I couldn’t lay on my back as it was so painful, slowly over a period of time things started to improve. I now feel more energised, my balance is better and my back is much stronger, I am walking taller and my tummy is flatter, phew!”**

**( S.Clegg)**

## Testimonials

“Having suffered from a lower back injury with episodes of increasing frequency, I was advised by my physiotherapist to try Pilates as a way to strengthen my core muscles. I am a keen golfer and my injury had stopped me from playing for long periods. I started to have private sessions with Keely, which were tailored to my injury and my golf swing, and soon I noticed a marked improvement. Subsequently I have kept up the Pilates, graduating to matwork classes. My posture has improved, I feel fitter and best of all, my handicap has reduced by two shots! “

**A. Clapham (a grateful golfer)**

“I started Pilates with Keely over 3 years ago after struggling to get pregnant following many failed IVF attempts. Within a month of starting Pilates, my body felt stronger and my back and core had started to strengthen. I didn't have the back pain I had experienced for nearly 8 years and I started to stand differently, and become acutely aware of how my body moved.

We went on to try one more attempt at IVF, and I worked very hard with Keely at preparing my body for the best chance possible of conceiving in this very unnatural process. We got pregnant this time and I completely believe that Pilates contributed in helping my body to have the best chance of conceiving. My core was strong, as was my back and I felt very positive mentally as well as physically. I recommend Pilates to everyone. Once you start to practice, and feel and see the benefits, you are completely hooked.”

**Alison Denny**

“I attended LPS for prenatal Pilates, and I continue to attend for postnatal Pilates, which I consider to be an essential investment in my long term well being. The workouts are expertly developed to strengthen the core muscles. I found this to effectively alleviate my back pain and even symptoms of SPD. After each prenatal session, I felt more comfortable with an increased connection to my changing body. Midwives believed my improved core strength contributed to my rapid delivery (only 12 minutes pushing). The postnatal sessions have quickly realigned my body and most importantly provided well earned ‘time out’ to combat the stress and tensions of life with a new baby. I am so grateful to Keely, and can't recommend LPS highly enough!”

**Claire Holgate**

“The combination of Pilates and Bowen Technique work so well together. Bowen balances and realigns the skeletal structure without force or manipulation - loosening tight muscles in the process. Then Pilates helps to hold the structure in place by targeting specific muscle groups - producing increased flexibility and strength. When applied by experienced practitioners, Bowen and Pilates creates a perfect combination for your body.”

**Alastair McLoughlin BTAA, LCSP (Hon)  
Bowen Practitioner**



## What is Pilates?

Pilates is a unique series of focused and flowing exercises with precise breathing patterns. The exercises are controlled yet relaxed movements, which strengthen the core muscles whilst stretching and creating a firm and streamlined look to the body. Pilates targets the deep stabilising muscles which help to build strength from the inside out.

## What are the Benefits?

### General Fitness

- Improves your posture
- Improves mobility and flexibility of the spine
- Delivers muscle tone and extensibility
- Promotes a more efficient and supportive core
- Increases stability for the pelvis and shoulders
- Compliments training for athletes and dancers
- Integrates mind, body and spirit
- Improves quality of life

### Health Conditions

- Addresses injury prevention and facilitates physical rehabilitation
- Builds better balance and co-ordination, particularly for the elderly
- Offers a safe and excellent form of exercise for pre and post-natal women
- Alleviates aches and pains
- Helps maintain and improve bone density

# How do I get started?

## **Initial Assessment:**

If you have been recommended by your physio/GP to commence with Pilates exercise due to a specific condition or injury, then the best place to start is with an Initial Assessment.

On your Initial Assessment, you will be seen individually by one of our highly trained staff who will assess your posture, strength, muscular balance and flexibility and will discuss any background information that may be relevant to your future training with us.

Or

## **Beginners Matwork Course:**

If you are generally fit and healthy and are looking for a group class, then enrol on our 6 week intense beginners course.

It is essential to learn the basic fundamentals of Pilates to enable you to improve your technique and work in a safe and challenging environment.

On completion of the course you can then filter into any other matwork class of your choice.



**Personalised** sessions are ideal if you want to see results in as short a time as possible or require specialised attention for either rehabilitation or to improve a specific sporting performance.

## Apparatus Sessions - 1 on 1, or groups of 3



The apparatus is based on variable spring resistance which supports, encourages and challenges the use of the body's own resistance. This allows a dynamic and adaptable range of exercises and is therefore suitable for all levels of ability. Pilates equipment encourages an even workout throughout the body with the option of focusing on certain areas according to your individual requirements.

## Duo Matwork Sessions - groups of 2

Pilates matwork utilises the "core" or abdominal muscles, and it features moves lying on the back, sides, and stomach as well as standing. As you progress, you can integrate small apparatus, such as a fitness ball, fitness circle, weights, resistance bands or foam rollers to increase the difficulty of the work.



If you are looking for a **group class** then we have many exciting options to choose from:

## General Matwork Classes - groups of 10

A general group session that's suitable for both men and women of all ages. Exercises are performed on a mat, sometimes using small pieces of equipment. The classes focus on all round body conditioning and offer an increased aspect of challenge because they are performed without spring support and resistance.



## Clinical Matwork Classes - groups of 7



Specialised group session suitable for both men and women of all ages. Designed to accommodate people with historical back issues. Focussing on strengthening your posture and core strength, resulting in regaining confidence and the ability to move freely again.

## Reformer Group Sessions - groups of 5



If you are looking for the ultimate workout, then this is the class for you! Join the list of celebrities practising Reformer Pilates such as Tiger Woods, Oprah Winfrey and Catherine Zeta Jones.

All areas of the body are challenged, toned and strengthened in this 60 minute power workout. The exercises are performed working against the resistance of springs, straps and pulleys to enhance your workout experience. You have not experienced a true Pilates workout until you have exercised on the reformer! This class is not suitable for beginners or if you are rehabilitating from an injury.

## Prenatal & Postnatal - groups of 10

Pregnancy is a special time and you will want to look after yourself and of course take care of your unborn or newborn child. Pilates exercises can help towards an easier pregnancy, delivery and recovery. Under the guidance of our Pre and Post Natal Specialist Instructors, we can help prepare you for the changes that your body will go through.



# Meet the Team...



## Keely Haigh

Keely established the Lancashire Pilates Studio in 2008 after gaining a Post Graduate Certificate in pre and post natal pregnancy. In 2009 Keely graduated from The European College of Bowen Studies with Honours and is now a fully qualified Bowen Practitioner.

She continues to develop her knowledge and training in Pilates and Bowen by attending regular workshops and seminars presented by Master Instructors from the UK and USA.

## Alexandra Lamb

Alexandra moved to London in 2009 to study at Laban and participate in the Pilates Foundation comprehensive course.

Having finished in June, 2010, she is now a fully qualified apparatus and matwork instructor.

Alexandra obtained a BS in Psychology and dance in Tennessee, USA, in 2004. While studying and dancing full-time she soon learned the many benefits of Pilates which piqued her interest in teaching.



## Patricia Greenfield

As a fully qualified Dance and Fitness Instructor, Patricia has gained over 10 years of knowledge and experience from working within the industry. She is a trained Pilates Matwork Instructor, and dedicates her career to the Pilates sector

Patricia will undertake further training under the instruction of Rachel Rafiefar on a Pilates Apparatus Training course, qualifying in December 2012. This will enable her to work with clients using apparatus such as the Reformer, Wunda Chair and Ladder Barrel.

## Joanne Cornish

Joanne first experienced Pilates in 2006 after surgery to correct a prolapsed disc. Practicing Pilates enabled her body to withstand the strain that her busy career brought.

In 2011 Joanne decided to turn her enthusiasm for Pilates into a career, enrolling on a Pilates Foundation matwork training course under the instruction of Rachel Rafiefar. Joanne will qualify as a matwork teacher in December 2011, and she will continue her training in 2012 allowing her to teach using Pilates apparatus.

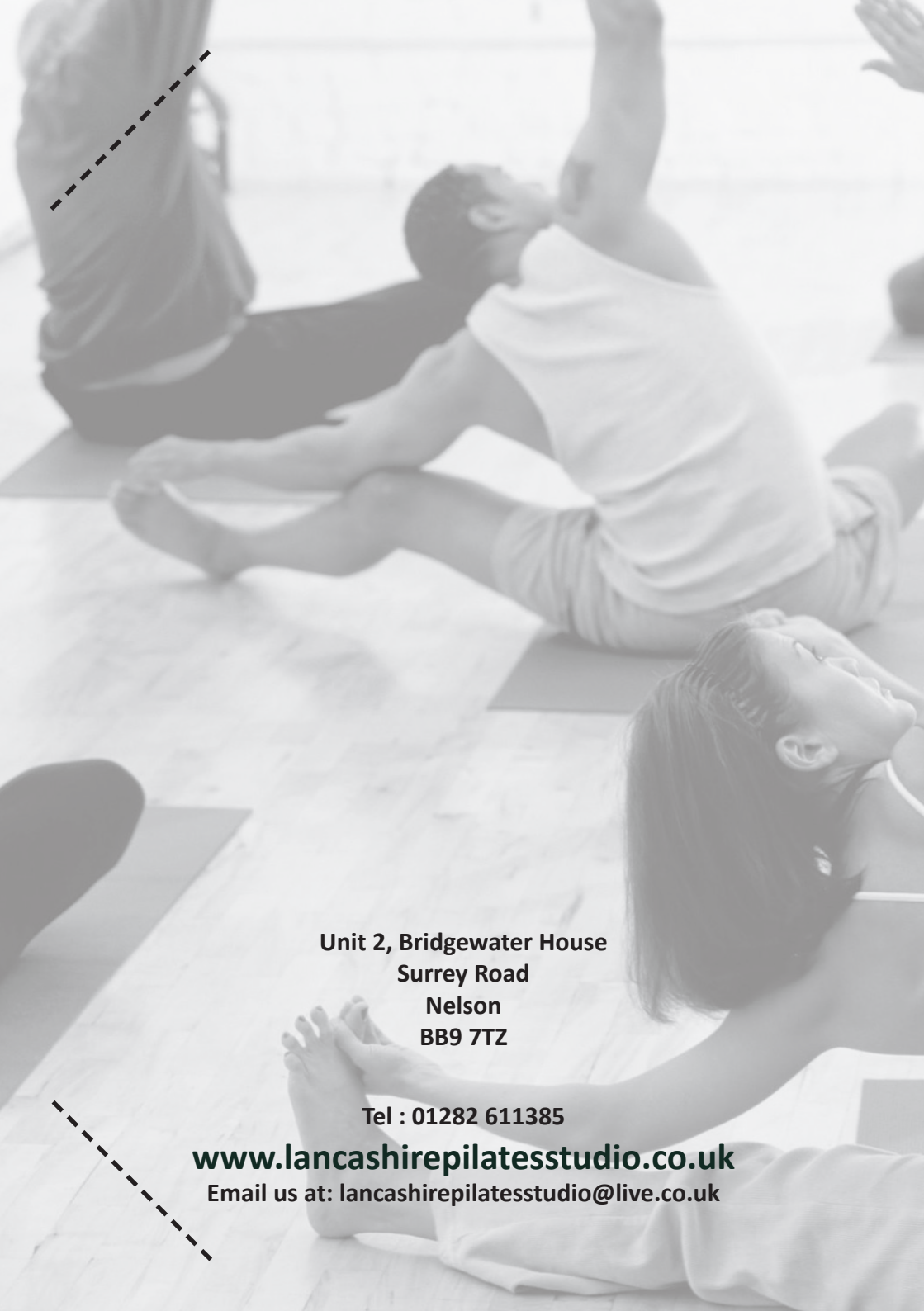


## Joanna Reay

Joanna took up Pilates in 2009 to improve her physical health. She was so impressed with the benefits of Pilates that she left her long term position as a Primary School Office Manager, and trained as a Pilates matwork teacher with The Pilates Foundation.

Joanna will qualify in December 2011, after which she will continue her training in 2012 on the apparatus course.





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