

On-Site Pilates Class with Clare Long in Lakeside or Bramble Yurt

Looking for something different to do whilst enjoying a Glamping Break here at Love2Yurt with your friends or family? Why not take part in your own Pilates Class with Clare an experienced Pilates Instructor based here at Limes Farm – great exercise & lots of fun!

What is Pilates?

Pilates is an exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle-strength, flexibility and posture. It's similar to yoga but emphasizes your body's core — the abdomen, oblique's, lower back, inner and outer thigh, butt, and so on. For this reason, Pilates develops much of what exercisers need — strength, flexibility, muscular endurance, coordination, balance, and good posture — with a much lower chance of injury than with other forms of exercise.



A bit of trivia!

Pilates is named after its inventor, Joseph Pilates, a former carpenter and gymnast who invented the exercise for injured dancers. Many of the moves were inspired by yoga or patterned after the movements of zoo animals such as swans, seals, and big cats.

£10 per person for a 1 hour lesson or £12 inclusive of mats

Maximum 10 per Class – Booking subject to availability

Contact us: enquiries@love2yurt.co.uk