



bee
charis

Traditional Pilates

MONDAY LUNCH MENU

GENTLE PILATES | 11:15-12:00PM

PILATES 4 ALL | 12:15-1:00PM

34 FLOW PILATES | 1:15-2:00PM

ALPRAHAM CALVELEY VILLAGE HALL

Breathe, Move, Stretch & Strengthen.

New clients welcome. BEE WELCOME promotion!

£10 PAYG or 4-week course with additional perks.

Limited space. Prebooking required at

beecharis.com/book-now.

Contact Lisa to learn more

 info@beecharis.com |  07355 820 339

Follow Bee Charis

 @bee charis |  @beecharispilates






GENTLE Pilates

RELEASE | STIMULATE | DE-STRESS

So much more than a beginners class! This low intensity workout releases tension & stretches your entire body while also developing your brain health & stimulating that vital mind-body connection so important for balance, coordination & living our daily lives. With a little help from spiky balls, hand towels & other small props to release your body, also expect a sprinkling of light strength work as research proves this is what encourages your body to maintain its newfound flexibility.

MONDAYS 11:15-12:00PM starting November
ALPRAHAM CALVELEY VILLAGE HALL

Contact Lisa to learn more

 info@beecharis.com |  07355 820 339

A very welcoming class, even for a 'more mature' beginner such as myself. Lisa leads the class in a very relaxed manner but you can really see & feel the benefits over the weeks. I truly look forward to the sessions & thoroughly recommend to all.

~ Barry



Pilates 4 ALL

BREATHE | MOVE | STRETCH & STRENGTHEN

A popular class with movement options to suit all abilities from beginner exercisers to experienced athletes. Improve your strength & mobility with expert instruction on the precision & technique of every movement. Feel all the benefits of this full body stretch-&-strengthen workout such as improving flexibility, tone & imbalances.

MONDAYS 12:15-1:00PM starting November
ALPRAHAM CALVELEY VILLAGE HALL

MONDAY-THURSDAY weeknights underway
Audlem, Little Budworth, Utkinton & Worleston

Contact Lisa to learn more

 info@beecharis.com |  07355 820 339

New to Pilates, I had no idea what to expect. Lisa teaches in a way where everything is challenging yet achievable. I always feel amazing in myself afterwards & I've noticed a reduction in my long-term back problems. I highly recommend Lisa's Pilates classes to everyone.

~ Sarah



34 FLOW Pilates

ALL ABILITIES | FULL BODY | EPIC


A flowing full body workout suitable for everybody – from absolute beginners to more advanced – where we practice the classical 34 mat exercises with a creative twist. There is never a chance for boredom with so many variations of the 34 movements for us to play with & to adapt for everyone to succeed!

Experience the benefits as Joseph Pilates intended:

Breath | Centre | Concentration |
Control | Flow | Precision.

MONDAYS 1:15-2:00PM starting November
ALPRAHAM CALVELEY VILLAGE HALL

Contact Lisa to learn more

 info@beecharis.com |  07355 820 339

I have been attending Lisa's class for a year. Lisa has proved to be a true professional who cares greatly about the needs of her clients & providing high class Pilates instruction. There is never time to get bored & I make progress which is just the motivation I need. I have been to many Pilates classes over the years but this is easily my favourite!

~ Sue





STUDIO Pilates

PRIVATE STUDIO | REFORMER | WUNDA CHAIR | BARRELS

Individualized focus & class plans to enhance your movement, fitness & technique. Solo (1:1) & duet (2:1) lessons leveraging the full range of Pilates apparatus, small equipment & mat. My studio space is fully equipped with Pilates apparatus equipment produced by the top manufacturers. This coupled with my continued research-based professional training affords my clients the best whole body workout experience possible.

MORE STUDIO TIMES COMING SOON!
Get in touch to sign-up now.

Contact Lisa to learn more

 info@beecharis.com |  07355 820 339

Having never done Pilates before I was not sure what to expect, but after meeting Lisa I immediately felt comfortable & knew I had made the right decision. Lisa is a patient instructor, whom is very knowledgeable, caring & super supportive. I would highly recommend Bee Charis to anyone, especially as my range of movement was poor, but only after a few sessions I found this to have dramatically improved.

~ Dave

SEASONAL MENU

CONTACT US IF YOU ARE INTERESTED IN OUR 'POP-UP' COURSES:

BARRE PILATES | A standing Pilates class that not only tones the hips & legs, but also strengthens your centre & feet to improve your balance & control. Suitable for all abilities.

CIRCUIT PILATES | A fun class leveraging small equipment to assist & resist the traditional Pilates movements. Suitable for all abilities & those looking for a great opportunity to socialize!



PRE & POST NATAL PILATES | Build the strength, endurance & resilience necessary for pregnancy, delivery & parenting. I offer small group or private training to maintain your fitness level during pregnancy. Loads of benefits: Increase Body Awareness | Improve Postural Control | Boost Sleep & Energy Levels | Reported Easier Pregnancy & Delivery with Faster Recovery.

PILATES FOR DISABILITIES | Connecting the disability community to Pilates through small group or private training. Pilates helps me find love & trust in my body & my abilities in order to be my best self. Everyone deserves to feel this way. Contact me for more information.

PILATES FOR LOW BACK HEALTH | A small group class suitable for those with low back pain, osteoporosis, sciatica, as well as anyone interested in a gentle approach to regain strength & enhance mobility.

CONTINUED...

Contact Lisa to learn more

 info@beecharis.com |  07355 820 339



SEASONAL MENU

PILATES FOR PELVIC FLOOR HEALTH | A small group class suitable for those with incontinence, retention, prolapse, as well as anyone curious about learning why the pelvic floor needs to be supple & move, adapt & react rather than remain static in a fixed position.

SIT FIT PILATES | A gentle yet effective movement class with the help of a chair & small props to improve motor skills, balance, strength, flexibility & coordination. Expect to laugh, move & LOVE your weekly session. Contact me to discuss older adult discount.

STRONG PILATES | A powerhouse of a class incorporating weights into the mat exercises to empower you! Suitable for anyone looking to gain or maintain strength.

ONLINE PILATES | Zoom & video-on-demand streaming classes are designed to be a short top-up & shake-up of your Pilates practice with new, exciting exercises conveniently available for you to playback over a 24-hour period.

PLEASE GET IN TOUCH TO DISCUSS YOUR SPECIFIC NEEDS & GOALS AS I AM ALWAYS ATTENDING CLINICS & WORKSHOPS TO UNDERSTAND THE LATEST RESEARCH & HOW PILATES CAN BE APPLIED TO BENEFIT MY CLIENTS.

MORE 'PILATES POP-UP' OPPORTUNITIES ARE COMING YOUR WAY!

Contact Lisa to learn more



info@beecharis.com |



07355 820 339



bee
charis