



Observation Tower  
(upstairs from Level 26)  
BNZ Tower  
125 Queen Street  
Auckland City

## Pilates Express

*with Claire Hitchfield  
and Emily Rose*

**Mon, Tue, Wed, Thu: 12.05pm to 12.30pm**  
**Upcoming Dates: Mon 01 Dec to Thu 18 Dec (PEIV)**

A three-week intensive course of 25 minute Pilates mat classes. 4 classes are available each week. Attendance is required to at least 3 classes per week to ensure all students are up-to-speed with the exercises and level of intensity of the classes. This course is designed to tone, develop core function, and get results, with 35 minutes of your lunch-break left! A free class to provide a basic overview of Pilates principles will be taught on the Thursday before the Express class begins - attendance to this is mandatory before commencing the intensive if you have not attended a previous intensive or have no prior Pilates experience. Minimum numbers apply. Questions about Pilates? Find some [answers here](#).

### About Claire

Claire discovered Pilates through a fellow yoga teacher. From the first class, Claire was impressed with the stabilising effect Pilates was having on her shoulders and hips. Claire completed the instructor training and continues to expand her education and skill through specialised courses. Claire loves Pilates for its whole-body approach and the way she observes it improving basic movement patterns and co-ordination in herself and her students.

### About Emily

Having successfully rehabilitated a serious back injury of her own with Pilates Emily is passionate about the method's potential to create real results in a short time. Emily loves teaching people to feel confident in their bodies. Watching their body-awareness improve with each lesson. Emily's experience as a professional contemporary dancer brings a uniqueness and refinement to her classes.

**Charge: \$120**

### To Register

Open to all levels of students - no experience necessary! No injuries please. Please contact Now Breathe to reserve your place. This is a tuition-based course with no make-up sessions offered. Booking and payment required by Wednesday 26 November to confirm.

### Cancellation Policy

Please allow a minimum of 1 week notice if you must cancel your registration, otherwise you will be responsible for the full cost. We will refund your payment only if we can fill the slot. Unattended sessions are nonrefundable.