



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

Pilates Express

*with Claire Hitchfield,
Einat Uncig, and Simone de Cunha.*

Mon, Tue, Wed, Thu 12.05pm to 12.30pm
Upcoming dates: Mon 23 Nov to Thu 11 Dec (PE11),

Three weeks of 25 minute Pilates mat classes. 4 classes each week. Attendance 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. Designed to tone, develop core function: 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? Follow the Pilates link on our website.

About Claire

Impressed with the stabilising effect Pilates was having on her shoulders and hips, Claire immersed herself in Pilates. The whole-body approach and the way it improves basic movement patterns and co-ordination in herself and her students inspires Claire to 'spread the word'!

About Einat

Einat has a wealth of experience along with a Bachelor of Education majoring in Dance and Movement. Passion, imagination, and a strong understanding of how the body works are infused through her classes.

About Simone

Simone has a passion for the benefits of Pilates, loves yoga, and understands the importance of core control and functional strength. Simone strives to make her classes varied, challenging, effective and fun. Simone is also a qualified journalist and communications specialist.

Charge: \$120

To Register

Open to all levels of students - no experience necessary! No injuries please. Email us now! This is a tuition-based course with no make-up sessions offered. Booking and payment required by the Monday prior to course start-date 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.