

Get moving with Axon Pilates

Pilates movements help to strengthen the core postural muscles providing increased stability and balance by emphasising awareness of breathing and alignment of the spine. Practising this control helps not only back problems but knee, ankle and shoulders... in fact, every part of the body.

Here at Axon Physio our Pilates classes are relaxed, informal and best of all, the classes are small. With a maximum of 8 people we ensure you get the attention you need and deserve.

Here's how it works

We start with a private introductory session (unless you have had Pilates instruction as part of a physiotherapy treatment with Axon). The 45 min introductory session gives you an opportunity to find out how Pilates can help you, for us to discuss your general medical history and note any injuries or pain that you may have. We will also show you some simple Pilates exercises in preparation for the classes.

Following your 1:1 session you will then be ready to join a weekly class. Classes are in six-week blocks. During each class we will check to make sure you are getting the best from the exercises, so that at the end of each class you should feel stretched, relaxed and more aware of your posture. Progress will be at the speed you feel comfortable with.

It is important that you attend each class because they are structured to build as the weeks progress. Although we will try and fit in catch up classes, it may not be possible for you to make up missed classes.

Class schedule

Wednesday 7:00 pm
Tuesday & Thursday 12:30 pm

Classes last 1 hour

Please call us for updates to class days and times

Cost

Private introductory session £30.
Six session blocks are £59 paid in advance
No refunds unless a class is cancelled by Axon

It's easy to sign up

Give us a call at 01277 625652 or come by and visit us at:

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