

Timetable 19th February to 1st April 2010

Monday

9.30 - 10.45am	POWER PILATES	LEVEL 3/4
11.00am - 12.15	PILATES - BASIC PRINCIPLES	LEVEL 1
12.30 - 1.30pm	EASY STRETCH	LEVEL 1/2
6.30 - 7.30pm	BALLET CONDITIONING	ALL LEVELS
7.45 - 9.00pm	ADULT BALLET	ALL LEVELS

Tuesday

10.30 - 11.45am	ADULT BALLET	ALL LEVELS
12.00 - 1.00pm	DANCE AEROBICS	LEVEL 3/4
1.30 - 2.45pm	PILATES - BASIC PRINCIPLES	LEVEL 1
4.00 - 5.00pm	STREET DANCE <small>WWW.VITALSIGNZ.CO.UK</small>	AGES 7-10
5.15 - 6.15pm	STREET DANCE <small>WWW.VITALSIGNZ.CO.UK</small>	AGES 11-15
6.45 - 7.45pm	DANCE AEROBICS	LEVEL 2/3/4
8.00 - 9.15pm	POWER STRETCH AND TONE	LEVEL 2/3/4

Wednesday

9.30 - 10.30am	FIT-BALL PILATES	LEVEL 3/4
10.45 - 11.45pm	EASY PILATES	LEVEL 1/2
12.00 - 1.00pm	POWER STRETCH & TONE	LEVEL 3/4
6.30 - 7.45pm	PILATES - BASIC PRINCIPLES	LEVEL 1
8.00 - 9.15pm	POWER PILATES	LEVEL 3/4

Thursday

9.30 - 10.45am	POWER PILATES	LEVEL 3/4
11.00 - 12.15am	POWER PILATES	LEVEL 2/3
2.15 - 2.45pm	BABY BALLET <small>THE DANCE SCHOOL 07775 760685</small>	
6.30 - 7.45pm	POWER PILATES	LEVEL 2/3
8.00 - 9.15pm	DANCE WORKOUT	ALL LEVELS

Friday

8.00 - 9.00am	POWER STRETCH & TONE	LEVEL 2/3/4
9.30 - 10.45am	PILATES - BASIC PRINCIPLES	LEVEL 1
12.00 - 1.00pm	EASY AEROBICS	LEVEL 1/2

Saturday

9.30 - 10.45am	BOOTY-LICIOUS - BOOT CAMP	LEVEL 2/3/4
11.00am - 12.15	POWER PILATES	LEVEL 2/3/4

LEVEL 1 - PILATES BEGINNER/RETURNER OR GENTLE EXERCISE
 LEVEL 2 - IMPROVER LEVEL 3 - INTERMEDIATE
 LEVEL 4 - A MORE ADVANCED AND ATHLETIC LEVEL

Hi, I am Anny,
 a professional dancer,
 fitness instructor and
 personal trainer.

I am Stott qualified, fully
 insured and recognised
 by the Register of
 Exercise-Professionals. I
 have been a professional
 dancer for over 15 years,
 and specialise in Pilates
 & postural based
 training, blended with
 ballet conditioning
 techniques, flexibility
 and suppleness.

I work with small groups
 - max 8 people - to
 ensure personal
 attention and a fun
 relaxed environment
 for all.

Classes are held in my
 lovely sunny and airy,
 large and fully equipped
 Studio in Grove Park,
 opposite Chiswick Main
 Line station - parking is
 free & 272 & E3 buses
 stop nearby.



Grove Park Studios, Chiswick

Pilates, Fitness and Dance studio

CHOOSE A 6 WEEK COURSE* ABSOLUTELY FREE!!

WHEN YOU ENROL ON A

'PILATES - BASIC PRINCIPLES' COURSE'

*Excludes 'Vital Signz' and 'Baby Ballet' courses

Please call for details

Feel great about YOU and YOUR BODY -
 get back to your Personal Best!

Timetable 19th Feb to 1st April 2010

Personal Best is at Grove Park Studios - 188-192 Sutton Court Rd, Chiswick, W4 3HR,

T - 07930 581979 E - anny@pb-online.co.uk W - www.pb-online.co.uk

COURSE PACKS - SAVE MONEY BY SIGNING UP FOR MULTIPLE COURSES

PILATES PLUS - £125 PER TERM - 1 PILATES COURSE + 1 OTHER COURSE OF YOUR CHOICE

UNLIMITED PILATES - £150 PER TERM - AS THE NAME SUGGESTS - UNLIMITED PILATES CLASSES

PLUS - ADD ANY EXTRA COURSE TO EITHER PACK FOR JUST £25 PER TERM

Personal Best Classes



For overall general fitness, flexibility, strength, as well as improved posture and body image, join one of my regular classes that are held in my studio at Grove Park Studios, Chiswick.

I limit the amount of people on a course, to ensure a friendly atmosphere and lots of personal attention, so all courses are booked on a 'first come - first serve' basis.

Courses are normally 6 weeks and are structured around the regular school term.

Please book and pay in advance to avoid disappointment

1-2-1 Personal Training

Personal training with Anny focused on your specific goals ie. weight loss, improved strength, toning etc.

£55 PER HOUR OR
£400 FOR A BLOCK
OF 8 SESSIONS

Pilates - Basic Principles

This foundation course introduces you to the basic principles you need to understand, in order to benefit fully from Pilates and progress to the next level.

Power Pilates

A dynamic, flowing, traditional form of Pilates combining dance and yoga type exercises to strengthen, tone and elongate muscles using a variety of different equipment.

'Easy' Classes

Gentle classes in either Pilates, stretch and aerobics aimed at over 60's and anyone recovering from injury or those who just prefer a gentler pace.

Power Stretch & Tone

A popular class combining core conditioning, Pilates and stretching with slow and controlled yet challenging movements. Popular with dancers & those new to stretch.

Dance Aerobics

A fun, choreographed class to music aimed at improving flexibility, strength and weight loss - for all ages and abilities

Dance Work-out

Get fit whilst having fun learning a dance routine during the term - an intensive warm up routine followed by a dance class gives you the best of both worlds.

Fit - Ball Pilates

A core conditioning class working with Swiss Fitballs using Pilates and core strength exercises to improve your core strength and stability - fun yet challenging!

Ballet for Adults

For adult beginners or those who want to bring ballet back into their lives. Great for toning legs, bums & tums as well as having fun pretending you are Darcey Bussell!

Ballet Conditioning - NEW!

A great way to tone up legs bums and tums using ballet and Pilates techniques to help create long, lean muscles

Booty-licious - NEW!

Boot Camp style training in the park for all levels - an invigorating fitness class to increase and improve overall fitness

Anny Hooker
6 week course
Price £80.00 - 75 Mins

Anny Hooker
6 week course
Price £80.00 - 75 Mins

Anny Hooker
6 week course
Price £60.00 - 60 Mins

Anny Hooker
6 week course
Price £60.00 - 60 Mins

Anny Hooker
6 week course
Price £60.00 - 60 Mins

Sophie Burnham
6 week course
Price £80.00 - 75 Mins

Anny Hooker
6 week course
Price £60.00- 60 Mins

Clare Lumley
6 week course
Price £80.00 - 75 Mins

Sarah Warden
6 week course
Price £60.00 - 60 Mins

Anny Hooker
6 week course
Price £60.00 - 60 Mins