

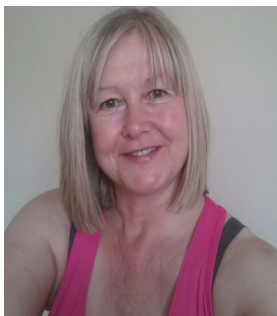
## About Sharon

I first discovered Pilates many years ago having been introduced to it through my horse riding instructor. It was clear from the very start how Pilates would help me improve my riding skills both in the dressage arena and show jumping. Overtime I have dipped in and out of my equestrian sports but I always remained passionate about Pilates.

In 2004 I qualified as a Sports and Remedial Massage Practitioner and have always advocated the combination of Pilates alongside my clients' treatments. In 2013 my passion for Pilates grew and I decided to further my skills and trained with Body Control Pilates™ in mat-work Pilates.

Since passing my mat-work qualification I have gone on to further my skills and expertise by undertaking CPD courses through Body Control Pilates, including Bone health (Osteoporosis), Pilates for the Older Person, Pregnancy Pre & Post Natal. I am also qualified to teach Pilates on the reformer and other pieces of studio equipment such as the ladder barrel and chair.

My clients come to me with a myriad of different issues ranging from musculoskeletal injury, pain or dysfunction caused by any of life's stresses and from all walks of life. Many have been referred by their GPs, Osteopaths and other clinical practitioners recommending my Pilates therapy to their patients as part of their rehabilitation.



## Class Timetable

**Monday evenings 6:30—7:30 & 7:45—8:45**

The Old Town Hall, High West Street,  
Weymouth, DT4 8JH

**Tuesday evenings 6:30—7:30**

Preston Village Hall, Preston Road,  
Preston, Weymouth DT3 6BH

**Wednesday evenings 7:15—8:15**

3D Health & Fitness Club, Wey Valley School,  
Dorchester Road, Weymouth

**Saturday mornings 10:45—11:45**

3D Health & Fitness Club, Wey Valley School,  
Dorchester Road, Weymouth

**One to one bespoke sessions  
available by arrangement (mat or  
reformer)**

Class sizes are limited so book early!


**Sharon Lorimer**

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 @pilateswithsharon

# Strength | Flexibility Control

Sharon Lorimer  
**PILATES**

Weymouth

Tel: 07704 578 535



BODY CONTROL  
**PILATES**  
CERTIFIED TEACHER

# Sharon Lorimer Pilates



## Why Pilates?

Pilates targets deep postural muscles, building strength from the inside out, rebalancing the body and bringing it into correct alignment. It helps to reshape your body, which will become longer, leaner and more toned. It will also improve your posture, achieving the perfect balance between strength and flexibility, and is a great way to relieve unwanted stress and tension.

Perfect for athletes looking to enhance their performance and minimise the risk of injury. Pilates is suitable for all ages and fitness levels, even the first time exercisers. It's slow, controlled approach means that it gives much longer-term results. It is especially recommended by medical experts for those with back problems.

Often I will advocate that my clients undertake some form of Pilates in conjunction with their remedial soft tissue treatments as a means to speed up the rehabilitation process.

## Class sizes

All Body Control Pilates™ teachers work to a maximum group size of 12 participants; this ensures close supervision and support. I also run private 1:1 sessions in my studio at home.

## Client assessment

Before your first session I will ask you complete an enrolment form, where you can give details of any injuries or conditions so that I can ensure you exercise safely.

## What to wear?

Wear comfortable clothing that is suitable for exercising in. We generally do Pilates without trainers or gym shoes, so wear some non-slip socks if you don't want to go barefoot.

## Code of Practice

All Body Control Pilates™ teachers adhere to a Code of Practice that governs teaching standards and professional ethics. I hold valid insurance and current CPR certification.



## Class booking

Classes are usually an hour in duration and will run in 6/7 week blocks in line with the school term-times. Classes should be block booked and paid for in advance. However, pay as you go sessions may be available but still need to be booked in advance due to availability. Please contact me for details.

## Enjoy the benefits of Pilates

- ◆ Improve Posture
- ◆ Increase Flexibility
- ◆ Develop Core Strength
- ◆ Suitable for ALL Ages & Fitness Levels



*"In ten sessions, you'll feel the difference, in twenty you'll see the difference and in thirty you'll have a whole new body"*

**JOSEPH PILATES**