

**GENTLY FIT PILATES
BASIC SEQUENCE CLASS
MIXED ABILITY**

POSTURE (standing or lying)
From Feet (Toe's) to Head (face)

Practice NEUTRAL SPINE with BELLOWS BREATH and ZIP UP AND
HOLLOWS
on back

PELVIC STABILITY on back OPPOSITE ARM OPPOSITE LEG
Levels 1 to 5

KNEE DROPS/inner Thigh stretch (6 to 8 on each leg)

SIDE ROLLS (with outer thigh stretch on first one)
Levels 1 / 2

WINDMILL ARMS & ROUND THE CLOCKS
(4 each way)

SPINAL CURLS
Levels 1-2

FOOT DIPS
Levels 1 - 4

STATIC STRETCHES WITH BAND
Hamstring/calf

SINGLE LEG STRETCH (front of thigh)

FROGS LEG MASSAGE

RELAX