

# Headingley Pilates

## Price list - From Jan 2019

### Studio Mat/ Somatics/ Oon/Pre+Post-natal

Drop in	- £10.50
5 sessions	- £47.50 (£9.50 each)
10 sessions	- £90 (£9 each)

### Reformer/ Studio Equipment

Drop in	- £16
5 sessions	- £75 (£15 each)
10 sessions	- £145 (£14.50 each)

\*A reformer orientation must be carried out before joining first class

### Gyms

Drop in	- £25
5 sessions	- £118.75 (£23.75 each)
10 sessions	- £225 (£22.50 each)

\*A programme will need to be written before joining first gym

### Gym Package - £245

Consists of: 1 screening  
2 programme 121 introductions  
5 gym sessions

### Director (Kath) 1-2-1 Appointment (60mins)

1 session	- £60
5 sessions	- £285 (£57 each)
10 sessions	- £540 (£54 each)

### Director (Kath) Hendrickson/mini 1-2-1 (45mins)

1 session	- £45
5 sessions	- £213.75 (£42.75 each)

### 1-2-1 Appointment (60mins)

1 session	- £55
5 sessions	- £261.25 (£52.25 each)
10 sessions	- £495 (£49.50 each)

### Mini 1-2-1 (45mins)

1 session	- £40
5 sessions	- £190 (£38 each)

Book online [www.headingleypilates.com](http://www.headingleypilates.com)

telephone: 0113 225 0791

email: [headingleypilates@gmail.com](mailto:headingleypilates@gmail.com)

## Pilates At Home Prices Open Now

J Ma

## **Pilates At Home Prices Open Now:**

**Indianapolis Monthly** ,2001-09 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape

**Terminal Zones** Gareth E. Rees,2022-10-13 Fresh and disturbing stories mapping out the pressure points in the psychedelic everyday Rees consistently reaches the places others do not Will Wiles author of Plume Gareth E Rees propels us into a vast and uncanny future showing us brief snatches of a world to come A poignant message delivered with guile wit and beauty Matt Wesolowski author of Demon Strange compelling and brilliantly funny Matt Wesolowski author of Demon Ten tragicomic tales of environmental and personal disaster from the margins of town and country A troubled hipster is seduced by an electricity pylon Sinister omens manifest in a supermarket car park A motorway bridge becomes a father Malevolent bacteria plague a polar icebreaker A bioengineered abomination lurks in a Gloucestershire railway terminus The weekly bin collection pushes a man over the edge A former squatter clings to her home on a crumbling cliff Joyriders are foiled by Anglo Saxon floodwaters Vampiric entities stalk B Q And fiery catastrophe comes to the zoo Gareth E Rees s first collection of short fiction explores lives on the verge of breakdown where ordinary people are driven to extremes by the effects of late capitalism and ecological collapse

**The Economist** ,1902    **New York** ,2010-05    **The Athenaeum** ,1881    **Real**

**Estate Southern California** ,2003    Wallace's Farm and Dairy ,1909    *Orange Coast Magazine* ,2007-10 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County s most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County s only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county s luxe lifestyle

**Sex, Meaning and the Menopause** Sue Brayne,2011-06-02 A menopausal woman s search for what matters and a challenge to the myth that all older women want to remain sexually active    **Weekly World News** ,2006-08-07 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site    **Atlanta** ,2003-08 Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and

superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region **TV Guide**,2005

**The Farmers' Advocate and Home Magazine** ,1910 **The Ladies' Home Journal** ,2006 **The New York Times Magazine** ,2011 **Cincinnati Magazine** ,2001-10 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region **The Reform Advocate** ,1925 **Llewellyn's 2017 Magical Almanac** Penny Billington,Llewellyn,Hannah E. Johnston,Dallas Jennifer Cobb,Kerri Connor,Natalie Zaman,Lupa,Deborah Blake,Peg Aloi,Najah Lightfoot,Denise Dumars,Magenta Griffith,Suzanne Ress,Charlie Rainbow Wolf,Michael Furie,Emily Carlin,James Kambos,Monica Crosson,Susan Pesznecker,Autumn Damiana,Charlynn Walls,Elizabeth Barrette,Shawna Galvin,Cassius Sparrow,Deborah Castellano,Blake Octavian Blair,Raven Digitalis,Sally Cragin,Alexandra Chauran,Melanie Marquis,Stephanie Rose Bird,Tess Whitehurst,Melissa Tipton,Justine Holubets,Ash Wensday Everell,Estha K. V. McNevin,2016-07-08 Featuring favorite authors Penny Billington Natalie Zaman Deborah Blake Michael Furie Susan Pesznecker Tess Whitehurst Melanie Marquis and more A measure of magic for a spirited year Discover ideas and techniques for transforming your life with the enchanted world of magic A trusted companion for practitioners of a wide variety of magical paths Llewellyn's 2017 Magical Almanac shares wisdom stories and spells in nearly three dozen articles exploring everything from the magic of trees to fairy roads to performing a psychometric reading Also included is an insightful calendar section shaded for easy flip to reference featuring world festivals holidays and the 2017 sabbats Astrological information plus incense and color correspondences are included to empower your magical work Bring your spiritual practice down to earth with money magic witch jars and Himalayan salt Focus on your social life and your inner life with protection magic for city dwellers social media magic and the characters that appear in your dreams Activate your sense of taste and smell with the magic of coffee essential magical herbs magical soups and salads and the energetic properties of incense Published annually for twenty seven years **Small Business Sourcebook** ,2007-12 **The Jonesreport Plus** ,2008

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