

My story

I began my journey with Pilates to help me overcome a difficult period in my life. Not only have I discovered the physical benefits of Pilates, the feeling of peace and calm following each session has allowed me to move forward and to embrace life. I would love for you to continue this journey with me and to experience the joys of Pilates.

What I can offer YOU?

I am fully qualified and particularly interested in supporting the older person through a journey of discovery about their bodies, aiming primarily to improve functional living and improved quality of life in carrying out daily tasks. How often do we bend down, or reach up to retrieve something from a cupboard? This involves co-ordination, flexibility and mobility throughout the body. Pilates will enable you to complete these daily tasks much easier and for much longer. Do you suffer with a bad back? Shoulder pain? I can take you from daily pain to comfort through **REGULAR, SAFE** exercises. I also have a passion for enabling **ANYONE** whatever their age in gaining confidence in their bodies and in the knowledge of what is an appropriate exercise level for them. I hold qualifications in Bone Health and am able to support the osteoporotic client. An integral part of my older person training was knowledge of a wide range of medical conditions, including arthritis, hip and knee replacements, Parkinson's, diabetes and many more. Therefore, the classes I run can be personalised to **YOU** as part of a group, or you can choose to have one to one support if you prefer the individualised approach. I am passionate about on-going learning and always up for a challenge! By taking part in continuing professional development opportunities, I can guarantee you quality support, informed by the most current research. I aim to offer you a change in how YOU feel about your body, a change in how **YOUR** body feels and a change in how others see you, both in confidence and increased physical well-being. How often have you wished you felt happier within? Pilates offers you that chance and I offer **YOU** the opportunity because **I CARE!**

C – **Challenge** you through safe, appropriate, modified programmes of exercise

A – **Achievable** results - small steps personalised for YOU

R – **Realistic** level of exercise, suited to YOUR requirements

E – **Enthusiastic, empathetic** tutor who will go the extra mile for YOU!

What classes do I offer?

I offer Hybrid Pilates Classes (A combination of '**face to face classes**' and **online** classes via Zoom). These are either group classes (maximum class size 12) or one to one or small groups. The classes are set at levels between 1, 2 and 3 and can therefore be attended by **ANYONE!** (GP approval may be needed for certain conditions). I also have Pilates classes on demand on my online **PATREON** site. Above all, we have **FUN** in our classes! **JOIN NOW!**

For more information, contact me: **07837928081** OR **pennyspilates@gmail.com**

TESTIMONIALS

'Before discovering Penny's Pilates Classes 3 years ago, I had tried several Pilates classes over the years, in various locations, but had never lasted more than 2/3 sessions - mainly because I'd often found it difficult to follow the class instructions and to understand the basics of Pilates. On joining Penny's level 1 mat class, I was very pleased to find that she made it all seem so accessible and easy to follow. I found I wanted to go back, looked forward to going to the sessions very much and still do some 3 years later. Penny has the ability to combine a sound professional approach, whilst creating a warm and welcoming atmosphere in her classes. She's very encouraging of us all whatever level we are at. I've certainly found the classes have many benefits, increasing mobility, improving posture and general toning up - I always feel good after a class too!' (female aged 64)

'For me personally the benefits are: Positivity for the mind, Understanding that the mind encourages the body to reach the next goal, Every session sees some improvement, Every session is different, never allowing 'boredom' of any kind to creep in, Recognising and being recognised by others in the class brings a feeling of warmth and new friendships, Outdoor classes (when the weather allows) are probably the most beneficial, Pennys enthusiasm and genuine concern for any of her 'flock' is outstanding, The fact that with the odds stacked against her during the 'lockdown' - anyone can still be part of the group and enjoy the flexibility of the different classes available on line' (female aged 74)

'I am definitely stronger and more confident (mentally and physically) as a result of practising Pilates regularly. It's great for increasing flexibility as well as toning those problem areas! Penny's classes are a vital source of 'me-time', especially in lockdown, and I always leave feeling restored in mind and body. Penny takes a very personal interest in her students and tailors the classes to suit their needs: she talks us through each exercise very clearly and offers modifications so that each student can practise at the level best for them. She focuses, too, on the anatomical basis of the exercises so we gain a greater understanding of how our bodies work and the benefits of the Pilates technique' (female aged 63)

'A couple of years ago I had a hip replacement, and was advised by a medic to attend Pilates classes to aid my recovery. I was lucky enough to find Penny Dove, who not only took me on but was always took care of each of us in her class, remembering why we were there and giving individual attention where necessary. Over time I went from having pain and mobility difficulties to being fully fit, and taking up kayaking and paddle boarding as well as digging the garden and other activities that I'd found difficult for ages. Over this past year I've been in almost permanent lockdown and I don't know what I'd have done without Penny's on-line classes, advice, specific plans and now the resources she has put on Patreon for subscribers. She has been absolutely central in keeping me fit, mobile, and raring to go as soon as lockdown is over and I can return to my usual 8-mile walks, as well as continuing with Penny's Pilates several times a week to see me further into a very lively and energetic old age!' (female aged 73)

'Pilates with Penny has freed me from a great deal of long-term back pain. She has helped me to be stronger. The face-to-face classes have been motivating. I look forward to starting them again after lockdown, though I do practice at home. Penny is very cheerful, and knowledgeable and we have our amusing moments. Thanks, Penny, for your support and inspiration' (female aged 74)

'My next-door neighbour said that Penny was starting a a Pilates class in St. Helens Community Centre and shall we go together. The first lesson was good although we couldn't do some of the moves, Penny explained the muscles we were using and didn't expect all of us to do every move, she gives you basic moves, and corrects if necessary and then the next stage if you are capable of doing this. Over time we found we were capable of much more than we ever expected. Penny is really supportive and fun, I learnt control of my muscles breathing and flow of movement this is not only good for your physical body but also helps mental and emotional well-being I believe. Also, I can honestly say that I am much more flexible, and after a workout feel great, as I am older it has improved my posture and hopefully will keep me fit in old age too. I would say definitely try it for at least a month, then see how you feel overall!' (female aged 66)

'I have done Pilates for many years, both on the Isle of Wight and elsewhere. Penny is the best Pilates teacher I have ever had. She tailors every class to the individual students, so that everyone gets just the right level of challenge. Whether in person or on Zoom, her classes are always welcoming, encouraging and a lot of fun. I'm so glad I found her!' (female aged 54)

'I feel I've gained an enhanced awareness and understanding of some of my body's anatomy and function through the exercise routines and workshops and have become much more conscious of the depth my breathing, especially when trying to relax. I appreciate the clear instructions, demonstrations and explanations accompanying each exercise, along with Penny's ceaselessly cheerful and encouraging manner! I definitely feel Pilates is keeping me more flexible and fit physically and this in turn helps me to stay positive mentally. Since we can't meet together in live classes right down, I'm finding the patron-only videos really useful as it gives me access to a whole bank of lessons which I can undertake whenever it's convenient for me - be it a full session or sometimes just a selection of exercises - across a range of levels so there's always a challenge. It's good to have the opportunity to focus solely on the Pilates sessions and switch off from everything else around me, which I feel is beneficial mentally. Any niggling aches I may start the day with can usually be eased with a few of Penny's exercises!' (female aged 68)

'My working life has always been sedentary. Following retirement, I wanted to become more active and in particular improve my flexibility. Penny's Pilates classes have been excellent for me in both regards. Penny's knowledge and enthusiasm for the subject are extensive and have helped me to improve all aspects of my general fitness. Oh, and the classes and are fun as well!' (male aged 57)

'My body was getting out of condition due to lockdown; Pilates has and is rectifying this. I don't feel I am in competition with others in the class, Penny emphasises the importance of listening to our bodies - do what your body allows you to. She is very knowledgeable on the subject, she is supportive, encouraging and always praises us in what we have achieved, she also ensures our safety, especially those with joint problems and replacements. The variety of classes offered is great. I combine floor and chair Pilates each week and this is making a difference, lower back aches are lessening. The magic pill - to remove the arthritic pain in my knees! I look forward to the sessions with Penny and wholeheartedly recommend her classes. Thank you, Penny' (female aged 72)

'When I first started Pilates, I was sceptical as to how it would a difference to me as I am quite an active person. I was very wrong! Penny's Pilates has given me more knowledge on how to improve my movement and my posture. It has strengthened my core and as a consequence, my running is more effective. Penny's focused classes on hips and posture have really helped to put the exercises into a context and this has meant that I have a better understanding of how to do the exercises more effectively. Penny provides a range of classes from stretching to power Pilates and there is always a range of activities from basic moves to more challenging exercises- no two lessons are the same, you can do it at your own pace with no pressure and there is no chance of getting bored! I would definitely recommend Penny's Pilates' (female aged 61)

'Penny is clear and practical with her teaching; she is fun and encouraging and uses every day examples which help make sense of the theory. It's great working with someone who has so much experience and can adapt her teaching to suit individual needs. Even practising Pilates for just a short time each day has made a huge difference to my flexibility and wellbeing' (female aged 62)

'I was initially introduced to Pilates in the 1990s by a Chiropractor, who treated me for a back problem and I have practised Pilates on and off ever since. I am a firm believer in the health benefits of Pilates, both mentally and physically and I am convinced that Pilates has helped me to maintain a pain free lumbar spine through strengthening my core and also to retain flexibility, joint mobility and improved posture as the years pass. I moved to the area a few years ago and wanted to walk to a class as opposed to drive. I saw Penny's Pilates advertised in the local shop and started her classes about 2 years ago. During her classes she continuously explains the effect of that particular movement on the specific parts of the body and counts down the repetitions while advising on the next movements, thereby ensuring a continuous flow. However, at various points, she always advises to reset the body in the relaxed position before commencing the next set of exercises. She also explains different levels of an exercise giving you the opportunity to extend the movements if you wish. With her knowledge of her clients, she is able to

advise what exercise is suitable for them and gives alternative suggestions if you have a problem with a particular part of your body. This applies to face to face or online classes. Over the years I have attended classes with various instructors on the Island, but I am pleased to say that I have now found the best instructor in Penny. She is very knowledgeable and experienced and I would highly recommend her. I feel rejuvenated after the classes and I look forward to many more years of Penny's Pilates' (female aged 66)

'I have done Pilates now for many years, both here and in London. However, I would like to say that I have not met any/another teacher who takes so much time and effort in her classes, I feel very lucky to have found you' (female aged 74)

'I have taken up Pilates recently and was inspired to do so after getting over the worst of a bad back, which was also linked to a hip flexor injury and a minor neck & shoulder injury - I was a bit messed up to say the least. I am certain that the Pilates has helped significantly with all of this - my shoulder has stopped clicking alarmingly when I rotate it and I have taken running up again without any hip flexor issues. I have found Penny to be an excellent instructor. She explains everything clearly and manages to deliver really inclusive sessions that cater for everyone. She is extremely welcoming, friendly and knowledgeable' (female aged 40)

'I started doing Pilates with Penny in the autumn of 2019. I am in my 70s. I have been active in my life, and wanted to maintain flexibility. I have bits of arthritis here and there and know I have to keep moving. I have never had very good posture and hoped to improve that as well. Penny is an EXCELLENT teacher. I have tried other Pilates classes but Penny is THE BEST. She is cheerful, positive and encouraging. Her classes are very varied and Penny makes it fun. She has worked so hard and mastered the necessary technology to maintain her business (via Zoom) in these difficult times. I enjoy doing the classes from my living room. I can't honestly say I enjoyed it from the start. It was challenging. It still is, but I feel I am improving. I suppose if you find it easy straight away, you are working at too low a level. There was another surprising and really positive thing I did not expect at my age. Last June I decided I needed to lose weight and I worked at this right through to Christmas. I lost the weight, but I also lost the excess rolls I have had before when I've lost weight – where the skin does not shrink back when the fat disappears. I can only put this down to Pilates, which is a wonderful, unexpected bonus' (female aged 75)

'Penny always provides a relaxing and enjoyable class where participants are encouraged to work at their own level, and improve their own flexibility and muscle strength in a non-competitive atmosphere. She uses her in-depth knowledge of anatomy to explain the rationale for the exercises, and continually emphasises safe practice, especially for people with a range of medical conditions (arthritis etc.). Before I embarked on a course of Pilates, I had weakness and often slight pain in the lower back, once suffering a complete collapse so that I had to crawl to the door to let the doctor in ! - but that is well in the past now. I can honestly say that doing the Pilates exercises regularly has completely removed any of those symptoms to the extent that I hardly ever remember now that I once had a problem!' (female aged 71)

I can say that 'Pilates stretches parts of me that my other activities (riding, running, walking) don't reach. I feel more flexible. Penny always takes good care of the individuals in class whether indoors, outside or virtually' (female aged 68)

'Penny's Pilates has provided me with structured classes that exercises both my body and mind and has enhanced my overall well-being. Penny structures each class with varied and fluid exercises which challenge both my physical and mental agility. Throughout her classes, Penny explains which part of our anatomy she is targeting and the benefits that each strengthening exercise or movement, will provide. She is very knowledgeable and is striving constantly to improve the quality of her classes' (male aged 74)

'Penny is a dedicated, highly qualified teacher of Pilates and it is a joy to be taught by her, whether that is face to face in normal times, on Zoom or pre-recorded classes through her use of the Patreon website. She has a good sense of humour and is naturally giving, always going the extra mile for her clients, either as a group or individually. Penny also works hard to keep her clients connected by organising a range of social events for all of us to enjoy and that makes belonging to one of her groups even more special and motivational. Without regular Pilates sessions my back deteriorates quickly, so I am very lucky to have her and her constantly expanding skill set on the Island' (female aged 65)



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'I am a fibromyalgia and myalgic encephalomyelitis sufferer. I need to keep mobile due to stiffness and pain but also have to do that very carefully to avoid days of fatigue rendering me bed ridden. The level one class is perfect for me. Penny always talks through each exercise to get the best out of it. She also reminds us constantly to do it at our own pace. I perform gentle exercises in my own time and keep a little more flexible and improving my pain along with other pain management strategies. It gives me back some control over my own wellbeing. It not only helps me physically but also helps my mental health. I am joining in with others which makes feel more normal. It is something I can look forward to each week. I doubt I would feel the same with other teachers as in my experience over many years I didn't get the same service given by Penny and would give up. The online classes during this awful time and Penny's encouragement and professionalism along with her dedication has been a lifesaver for me' (female aged 62)

Pilates is amazing! I've suffered in the past with lower back pain and Pilates has improved it immensely. I hardly ever get a reoccurrence of it now. Also, as a keen walker and runner, it's so important to stretch and strengthen my whole body which Pilates does. Penny's online classes are extremely easy to follow, in fact I barely have to look at the screen now as her spoken instructions are so clear and precise. She's a lovely person, so warm and welcoming, approachable and an incredibly good instructor. Each class feels like a whole-body workout but in a gentle and relaxing way. I look forward to my class every week as I know my mind and body will benefit greatly (female aged 48)