

# Exercise classes at ctchealthcare

ctchealthcare's qualified and experienced instructors work with a variety of people of all ages and fitness levels and can accommodate for every individuals' personal needs during a class. They are committed to delivering high quality classes and offer a consultative approach to your lifestyle and rehabilitation needs.

We currently offer several different classes, some more energetic than others for those aiming to improve their fitness or simply to have fun and some led by our highly accredited physiotherapists aimed at rehabilitating you following injury.

Classes available:		Nantwich Studio	Crewe Studio	Congleton Clinic	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pilates 5pm-6pm	Pilates 6.30pm-7.30pm	Pilates 9.30am - 10.30am	Pilates 5pm-6pm	Pilates 9.30am - 10.30am	Pilates 9am-10am
Pilates 6pm-7pm	Pilates 7.30pm-8.30pm	Pilates 10.30am - 11.30am	Pilates 6pm-7pm	Pilates 10.30am - 11.30am	
Pilates 7pm-8pm			Pilates 7pm-8pm	Pilates 12.30pm-1.30pm	

More class times are available on request. Please speak to a member of our team for details.

To book your place

Call: 01270 361363

Email: [therapies@ctchealthcare.co.uk](mailto:therapies@ctchealthcare.co.uk) Web: [www.ctchealthcare.co.uk](http://www.ctchealthcare.co.uk)



**FREE**  
exercise class  
for new clients

First class only



**Get £2 off**  
an exercise class when you  
bring a Friend

For pay as you go customers only