



Katy Harvey

Pilates Instructor

Katy comes from a classical dance background and danced internationally for over ten years. Towards the end of her dance career she began to struggle with bulging disks and inflammation in her lower spine, which led to the discovery of Pilates.

She tried many treatments and found the Pilates method was the most successful in reducing pain and returning freedom of spinal movement. She decided to train as an instructor so she could help others rejuvenate their bodies as she had experienced herself.

Katy has been lucky enough to train with a variety of master teachers both in America and London. She takes pride in sharing this wonderful method and its multitude of benefits. She is a firm believer that by taking the time and care to restore our bodies, we can simultaneously revitalise our mind and spirit.

You can find the times of Katy's group lessons below:

Friday

12 noon-1.00pm