



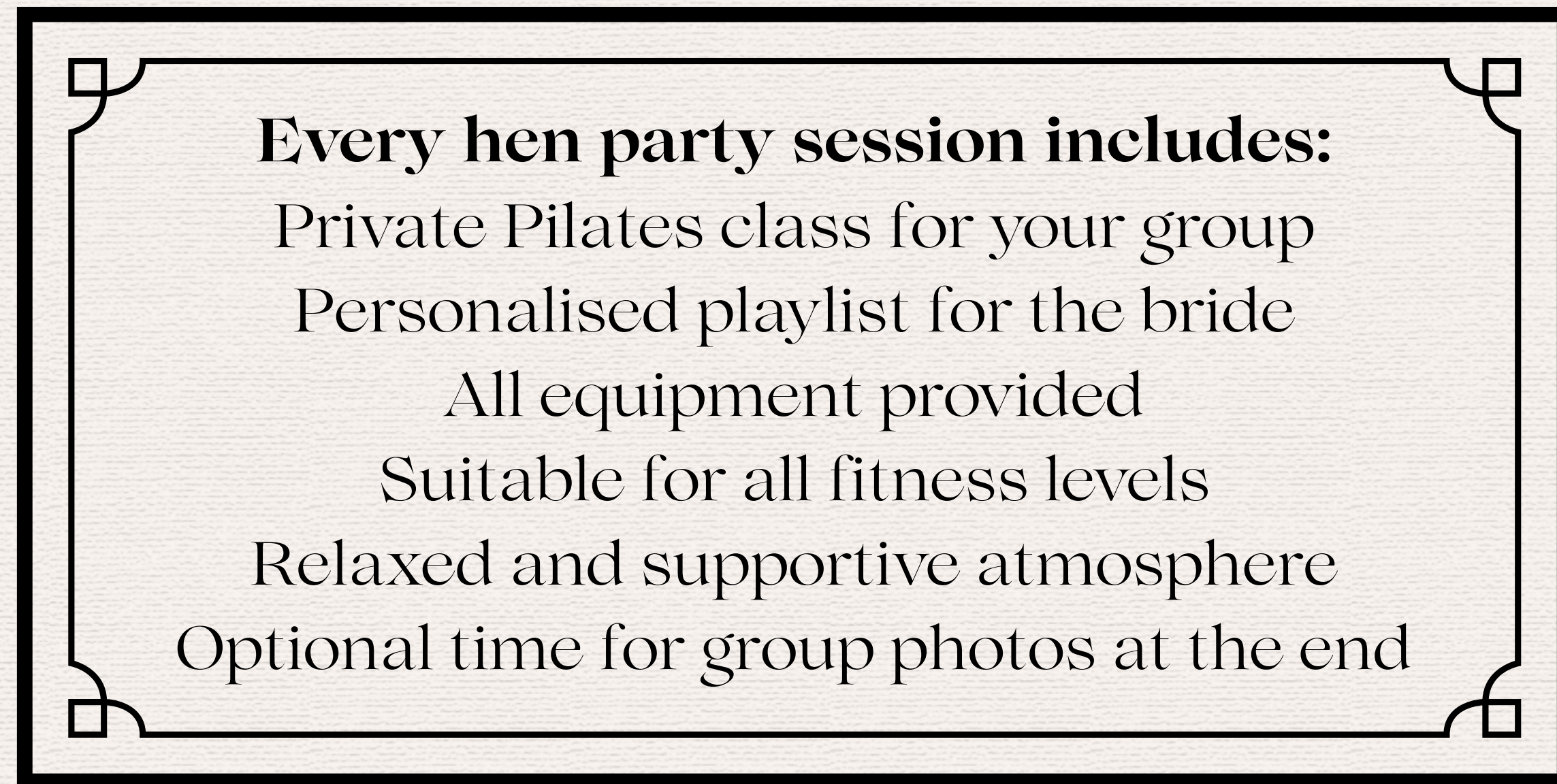
HEN PARTY PILATES

Bespoke
Pilates & Wellness
Experiences

with Lucy Dyson Pilates



Kick off your hen weekend with a fun, feel-good Pilates session designed especially for your group, the perfect way to bring everyone together.



Lucy travels to your accommodation or venue, so you can enjoy the session without needing to go anywhere. All packages can be held in a Manchester city centre studio, subject to availability.

PACKAGE 1

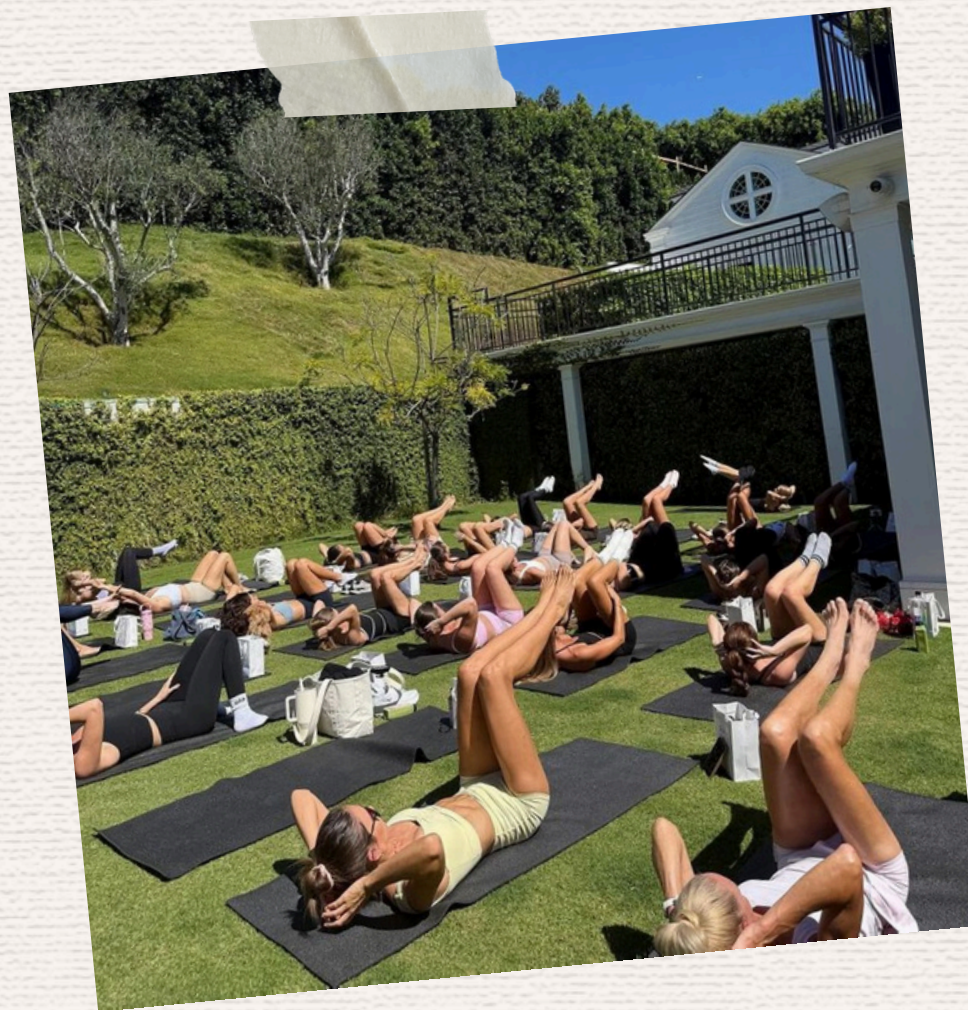
The Signature Session

This 60-minute class will get everyone moving, laughing and feeling good. The perfect way to start the day before heading off for brunch or the rest of your plans.

Perfect for groups looking for a lighthearted activity, whether they're Pilates lovers or complete beginners. expect a session that everyone can enjoy,

Includes

- 60-minute Pilates class
- Personalised playlist for the bride
- All equipment provided
- Time for group photos
- Suitable for all fitness levels



PACKAGE 2

The Reset Session

For groups looking for something a little more relaxed and wellness-focused.

Start with an energising Pilates class before slowing things down with an extended stretch and guided relaxation, helping everyone reset and feel their best for the rest of the weekend.



Includes

- 60-minute Pilates class
- Extended stretch and relaxation
- Guided breathing / mindfulness
- Personalised playlist for the bride
 - All equipment provided
 - Time for group photos



PACKAGE 3

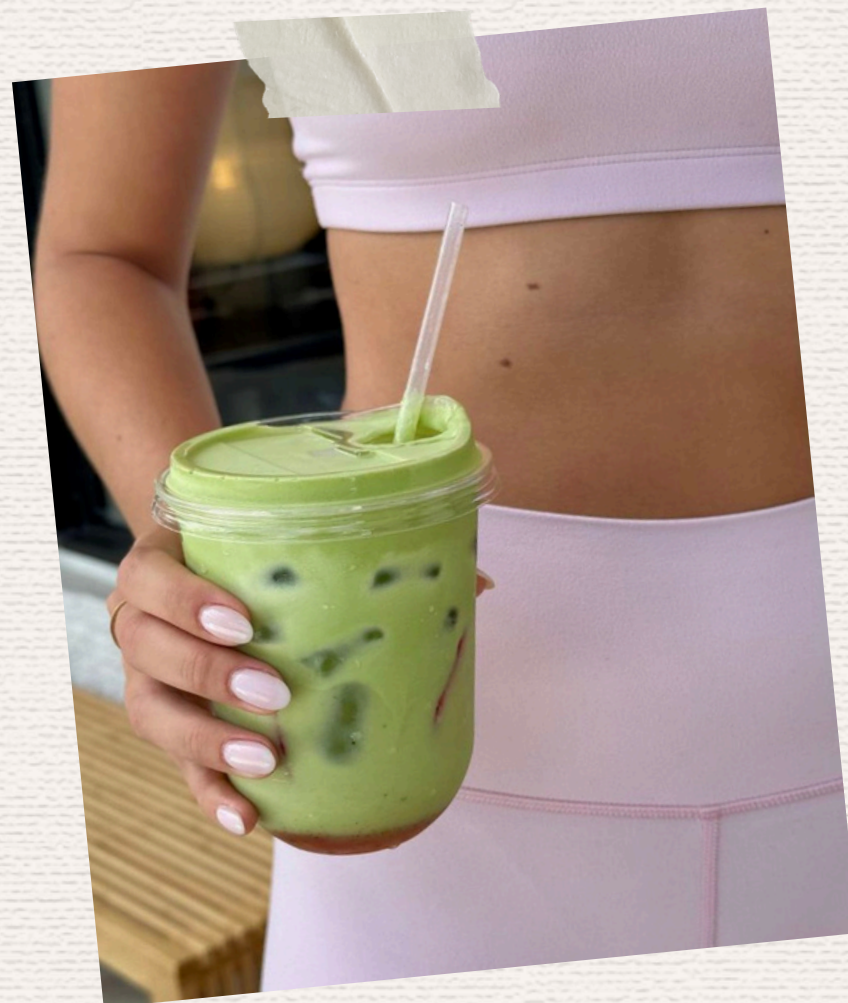
The Hen Retreat

A retreat-style experience combining energising movement, restorative stretching and celebratory moments to bring the group together in a relaxed and uplifting atmosphere.

Perfect for hens looking for something a little more special than a standard class.

Includes

- Welcome herbal teas or wellness shots pre-class
 - Our signature Pilates class
 - Extended stretch and relaxation
 - Guided mindfulness / breathwork
- Celebration drink (smoothie, fizz or cocktail option) post class
- Group photos throughout on a disposable camera for the group to keep



PACKAGE 4

MANCHESTER CITY CENTRE BASED STUDIO SESSIONS:

Hen Party Pilates | Studio Edition!

Hosted in collaboration with some of Manchester's most beautiful boutique studios, A private studio session in the heart of Manchester. Perfect for those wanting Reformer Pilates or hens staying in hotels/city centre apartments.



Includes:

Private Mat, Reformer or Barre class

All equipment provided

Beginner friendly options

A personalised playlist

Time for group photos/videos



PACKAGE 5

The Ultimate Wellness Package

A luxury wellness experience designed for hens looking to slow down and celebrate in a more meaningful way. Perfect for groups wanting a premium wellness-focused experience in the heart of Manchester.

Hosted in collaboration with Recovery and Wellness (RAW), this immersive studio experience combines energising movement with restorative recovery for the ultimate feel-good hen morning.

Includes

- Welcome herbal teas or wellness shots pre-class
- Private Mat or Reformer Pilates class in the RAW studio
 - Guided post-class stretch and relaxation
- Breathwork and nervous system reset guidance
- Sauna and ice bath recovery experience
 - Personalised playlist for the bride



PACKAGE 6

Hot Pilates / Hot Sculpt in MCR City Centre

Hosted in a beautiful heated studio in Manchester City Centre, this private experience combines the feel-good energy of a group workout with the luxury of an exclusive studio setting.

Choose between a Hot Pilates class focused on strength, mobility and mindful movement, or a higher-energy Hot Sculpt session designed to leave everyone feeling strong, empowered and accomplished. With capacity for up to 43 guests, this experience is ideal for larger hen parties looking for a unique activity everyone can enjoy together.

Includes:

- exclusive studio hire
- private hot Pilates or hot Sculpt class
- heated studio experience
- capacity for up to 43 guests
- time for photos afterwards



ADD-ONS



Bridal Goodie Bag –

A curated bag of Pilates, recovery and wellness treats to spoil your bride that little bit more

Wellness Drinks –

Health shots or smoothies after class.

Signature Bride Cocktail Experience –

A personalised cocktail created for the bride by a premium mixologist.



About Your Instructor



Hey! I'm Lucy, a Level 4 Pilates Instructor with a specialist focus on Women's Health and Pre/Post-Natal care.

With years of experience teaching at Manchester's most exclusive studios and a background in professional dance, I have refined a method that balances that Pilates burn with restoration (and fun!).

My approach ensures that your bridal party experiences movement that is safe, effective, and tailored to the unique needs of every person in the room.

