

The picturesque villa is the perfect place to enjoy Pilates

Pilates in Sicily

Flavours Holidays' Pilates Week in Sicily is activity-packed. Not only do you have Pilates classes twice a day throughout your stay, but there are a number of excursions organised too – from wine tasting at a local vineyard to the historic sites in Syracuse – so you get to see some of the island too.

The course takes place in a villa in the south east of the island, with large stone-walled guest rooms and an outdoor pool. There were four people on our Pilates course, but another eight guests were doing a cookery course at the same time, and everyone ate and socialised together – because our meals were mostly made by the cookery students!

Our Body Control Pilates instructor, Vanessa, guided our group of four students through a one-hour pre-breakfast class each day, with another class before dinner. We used exercise balls, resistant bands and Pilates rings to build our strength and flexibility, while Vanessa kept a watchful eye on us, adjusting the exercises where needed to cater for everyone's individual fitness levels. Each student had the opportunity to do a one-on-one class too, so you really feel you're getting a personal touch.

Amazingly, despite some buttock burn during the exercises, none of us suffered from any post-class stiffness!

During your stay, the Pilates students also get to join in with one of the cookery classes, and we

made fresh ravioli stuffed with ricotta for lunch. Our host, Luca, was waiting to greet us with a glass of Prosecco as we arrived for every lunch and dinner, and local wine is included during your stay too.

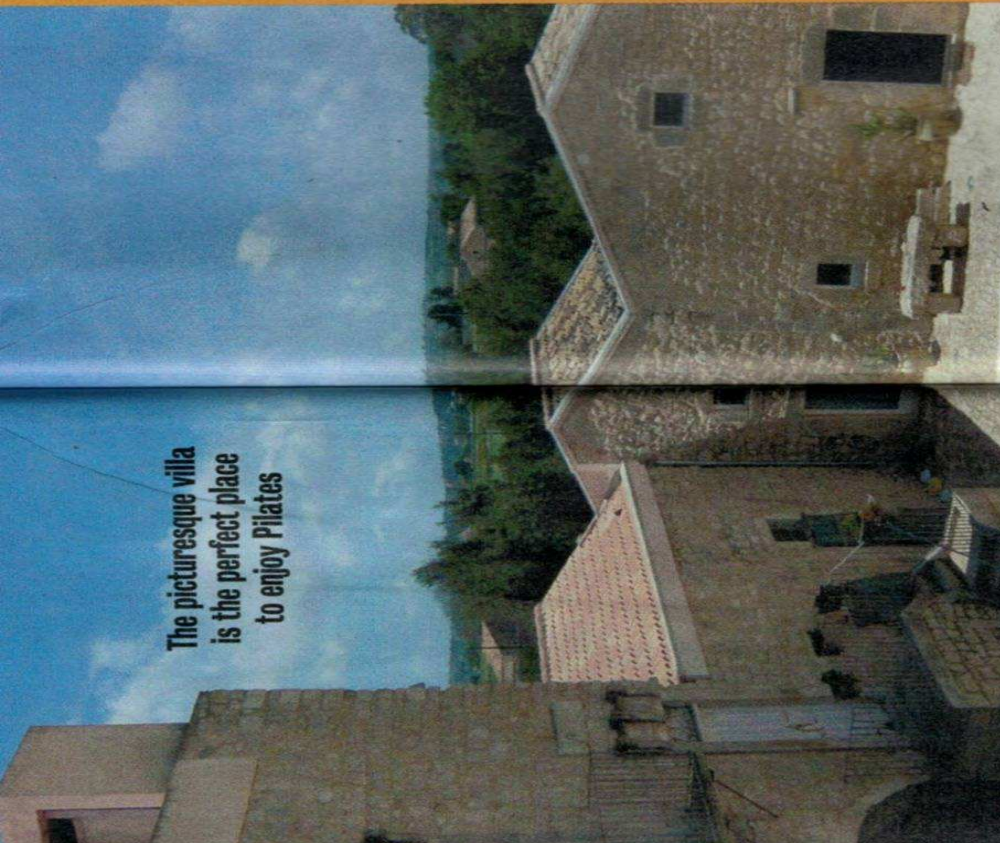
Other excursions during the week included a cheese farm, chocolate tasting and a trip to Noto's famous ice cream parlours. Weather permitting, Vanessa also holds one of the Pilates classes on the beach.

All in all, this trip offers a perfect balance of classes and excursions, and provides you with plenty of knowledge should you wish to add some Pilates into your daily or weekly routine once you get back home.

HOW TO BOOK: See Flavoursholidays.co.uk or call 0131 343 2500 for more information. The week costs £1,599 (no single supplements) including all meals, classes and excursions, airport transfers and £100 towards the cost of your flights.



Your instructor will tailor the exercises to individual fitness levels



One of the cosy bedrooms