

PILATES - INTERMEDIATES

Learn to focus the mind as you exercise your body. The Pilates Technique teaches a unique method of body control, posture, flexibility and balance which is suitable for all, in everyday life and can also be of benefit to sportsmen and women to help reduce the risk of injury and strain. Course suitable for men and women of all ages, abilities and fitness levels who wish to enhance existing Pilates knowledge or skills, including its application to a range of activities such as a particular sport/exercise/lifestyle, if desired. Includes the use of some Pilates studio equipment. *Leaflet available.*

CLASSICAL YOGA FOR BEGINNERS & INTERMEDIATES

Lyengar inspired classical yoga to keep you well in mind and body. Make TIME for your personal health.

PILATES FOR BEGINNERS (HALF DAY WORKSHOP)

Introduction to Pilates principles and techniques. Suitable for complete beginners or those with a limited knowledge of Pilates. Suitable for women and men of all ages and fitness abilities. *Leaflet available.* Please note for those taking this course in Ramsey you will need to bring your own mat (recommended at least 10mm thick) and blanket.

PILATES FOR MEN (HALF DAY WORKSHOP)

Pilates was invented by a man, originally for men and is now practised by sportsmen at the top of their profession in all fields ranging from golf, tennis, rugby and football. Pilates cannot only enhance sports performance, but will also benefit daily living and flexibility, aid recovery from injury and help prevent injuries. Suitable for men of all ages and abilities. *Leaflet available.*

FUNCTIONAL PILATES - SITTING IS THE NEW SMOKING

The human body was designed to move. This workshop is designed for modern living. During the past two decades, research scientists in the medical profession have been studying the impact of sitting for long periods. Muscles in the lower body turn off and become inactive. Computers, mobile phones, tablets and watching TV all have adverse effect on your health. Effects include: back and neck problems; breathing difficulties; eye problems; bad posture and balance. Improve your work and leisure time.

PILATES FOR SPORT (HALF DAY WORKSHOP)

Pilates is practised by top sports professionals worldwide. Pilates will enhance your performance by improving strength, flexibility, stability, balance, posture and breathing - whatever your sport - football, rugby, golf, equestrian, ballet, gymnastics etc. Course suitable for all levels of expertise. *Leaflet available.*

DAY	VENUE	COURSE CODE	COURSE TITLE	START DATE	TIME	LENGTH	TUTOR	FEE
Mon	WILL	EW522-AM	Yoga for Improvers	02/10/17	19.30 - 20.45	18 wks	Mrs B Thorn	£148
Tue	GLEN G	PG520-AT	Yoga for all Abilities	03/10/17	09.15 - 10.45	18 wks	Mrs A Anderson	£158
Tue	WILL	EW520-AT	Yoga for all Abilities	03/10/17	19.00 - 20.15	18 wks	Mrs B Thorn	£148
Tue	PEEL	EV521-AT	Yoga for Beginners and Intermediates	03/10/17	18.30 - 20.00	18 wks	Mrs L Carswell	£158
Wed	GLEN G	PG520-AW	Yoga for all Abilities	04/10/17	09.15 - 10.45	18 wks	Mrs A Anderson	£158
Wed	GLEN P	EG566-AW	Pilates in the Pool	04/10/17	19.00 - 20.00	9 wks	Mrs M Sherring	£68
Wed	GLEN P	EG566-SW	Pilates in the Pool	10/01/18	19.00 - 20.00	9 wks	Mrs M Sherring	£ 68
Thu	GLEN G	PG520-AX	Yoga for all Abilities	05/10/17	14.00 - 15.15	18 wks	Mrs B Thorn	£148
Thu	SNLS	EN554-SX	Pilates for Beginners	11/01/18	18.00 - 19.15	10 wks	Mr J Grubb	£83
Thu	SNLS	EN567-SX	Pilates for Intermediates	11/01/18	19.15 - 20.30	10 wks	Mr J Grubb	£83
Thu	BALLAS	EH521-AX	Classical Yoga for Beginners and Intermediates	14/09/17	18.30 - 20.00	18 wks	Mrs D Patel	£158
Thu	RGS	ER554-AX	Pilates for Beginners	05/10/17	18.30 - 19.45	18 wks	Mrs W Amaral	£132
Sat	UCM	PD551-AS	Pilates For Beginners	14/10/17	10.00 - 13.00	1 day	Mrs M Sherring	£23
Sat	UCM	PD552-AS	Pilates For Men	25/11/17	10.00 - 13.00	1 day	Mrs M Sherring	£23
Sat	UCM	PD579-SS	Functional Pilates – Sitting is the New Smoking	27/01/18	10.00 - 13.00	1 day	Mrs M Sherring	£23
Sat	UCM	PD553-SS	Pilates For Sport	17/03/18	10.00 - 13.00	1 day	Mrs M Sherring	£23