

2018 / 2019

<b>Course Code</b>	ER568-SX
<b>Tutor</b>	Wendy Amaral
<b>Venue</b>	Ramsey Grammar High School, East Building
<b>Cost</b>	£55
<b>Start Day, Date &amp; Time</b>	Thursday 10 <sup>th</sup> January 2019 7.30pm – 8.30pm
<b>Number of Weeks / Sessions</b>	9 Weeks

### What is the course about?

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. Suitable for men and women of all ages, abilities and fitness levels who wish to enhance their existing Pilates knowledge or skills. Includes the use of some Pilates small equipment.

### Previous experience:

Previous experience of Pilates is required.

### Equipment you need to bring:

Own mat (recommended at least 10mm thickness), Fitness Mad soft hand weights and blanket. All other equipment will be provided.

### General Information:

The times advertised for courses, especially 1-day and short courses, will normally include break(s) and a lunch period, as appropriate, and by agreement with the tutor at the sessions.

Students attending one-day workshops might like to note that there are hot/cold drinks and snack vending machines (crisps, sweets, chocolate, biscuits etc) in the College Refectory, which will be open during the day, but there are no sandwiches etc available, so students might like to bring a packed lunch with them, which can be consumed in the Refectory.

Some venues may have restricted parking facilities, disc parking etc, so please also be aware of this.

### Who should I contact?

For further information, please contact the Programme Area Secretary on 648204.