

2018 / 2019

Course Code	ER554-SX
Tutor	Wendy Amaral
Venue	Ramsey Grammar High School, East Building
Cost	£55
Start Day, Date & Time	Thursday 10 th January 2019 6.15pm – 7.15pm
Number of Weeks / Sessions	9 Weeks

What is the course about?

The starting point for anyone new to Pilates, or an opportunity for those with limited knowledge to learn the methods and gain a true understanding of the Pilates Principles and techniques. Suitable for men and women of all ages, abilities and fitness levels. The course will progress to include the use of some Pilates small equipment.

Previous experience:

No previous experience required. Everybody welcome.

Equipment you need to bring:

Own mat (recommended at least 10mm thickness) and blanket.

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.