

2019 / 2020

<b>Course Code</b>	Q3502
<b>Tutor</b>	Jonathan Grubb
<b>Venue</b>	St Ninian's Lower School, Onchan
<b>Cost</b>	£60
<b>Start Day, Date &amp; Time</b>	Thursday 3 <sup>rd</sup> October 2019 6pm – 7pm
<b>Number of Weeks / Sessions</b>	9 Weeks

### What is the course about?

Course for complete beginners, or those with limited knowledge of Pilates techniques who want to progress and learn the correct methods and gain a true understanding of Pilates. Suitable for men and women of all ages, abilities and fitness levels. Course will progress to include the use of some Pilates Studio Equipment.

You will learn the correct technique from the beginning. Body awareness and the knowledge to change movement patterns that may be affecting you by improving postural stability, mobility, balance & flexibility.

### Previous experience:

No previous experience of Pilates is required.

### Equipment you need to bring:

All equipment will be provided, but students are welcome to bring their own yoga mat, if preferred, and are recommended to wear comfortable clothing, & plimsolls/trainers.

### 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.