

Course Outline:

Pilates: all levels

The following is meant as an outline guide to the course. The tutor may at her/his discretion make alterations to the content and order of the course. Please ask the Course Administration Staff for guidance if you are in any doubt about the suitability of the level of the course.

Course description

Pilates is a fusion of western and eastern philosophies which uses a series of breathing techniques and movements, to dramatically improve strength, flexibility, posture and coordination.

Health and fitness classes at Central Club are open to women only

What will the course cover?

Exercises that require control of the body and posture and increase all over muscle tone and flexibility. The tutor will teach with demonstrations and will coach participants as they try out these movements for themselves. Exercises can be adapted for beginners and advanced students by taking participants through stages of movement.

Course content

Should I have experience for the course?

Not necessary as this course is suited to all levels.

What can I expect to learn?

You will learn to balance and align your body, build stamina and improve muscular strength and tone.

What should I bring to the course?

Basic materials are included. Your tutor will advise on possible reading, and other small equipment if necessary. Reading list is available on request.

Anything comfortable to wear – shorts, track suits etc.

IT'S EASY TO ENROL

By post

Please complete the enclosed enrolment form and send it with a cheque (for the full amount), made payable to the YWCA Central Club OR fill in your Mastercard/Visa or debit card details. Please do not send cash. If you wish to apply for a concessionary fee, you will need to send a photocopy of your current evidence of entitlement to reserve your place and then take the original to reception on your first day.

By phone

Payments by Mastercard/Visa and debit card are accepted. Please have details of your credit card and the course title and course code ready. Call 020 7079 2855