

**Classes and Activities – Information Sheet**

**Body Control Pilates – Beginners, Public AU2017**

**Dates: Course 1:** Tues 12 Sept, 19 Sept, 26 Sept, 3 Oct

 **Course 2:** Tues 31 Oct, 7 Nov, 14 Nov, 21 Nov,

 **Course 3:** Tues 28 Nov, 5 Dec, 12 Dec, 19 Dec

**Cost of class:** £40 per 4-week course

**Day:**  Tuesdays

**Time:** Beginners: 1.30pm - 2.30pm

**Location:**  Norden Farm Centre for the Arts

**Tutor:**   Gillian Burn

**Class Size:**  Up to 15

**Information about the class:**

The class will last one hour and will provide a range of Pilates exercises suitable for beginners (exercises are adapted for individual needs).

The exercises are designed to help strengthen and tone muscles, improve posture, balance and flexibility and help people have a longer, leaner and stronger body. The class will also provide a moment to relax, unwind and stretch out your body.

Pilates was developed over 90 years ago by Joseph Pilates as a method to improve his own health, strength and flexibility.

The exercises target the core postural muscles to balance the alignment of the body, putting less strain on the joints and internal organs. It ensures the correct muscle recruitment pattern is used for each particular movement and focuses on both the mind and body helping to relax and create a sense of wellbeing and energy.

Pilates is a form of exercise and body conditioning which:

* Strengthens and tones muscles
* Improves posture, flexibility and balance
* Helps to prevent back problems
* Enhances health of the mind and body
* Creates a longer, leaner, stronger body

**Materials:**

* All equipment is provided by the teacher.
* You may want to bring a bottle of water.

**Clothing:**

Please wear loose, comfortable clothing such as track suits or leggings. Pilates exercises are performed in socks (no trainers are required).

Exercises are performed lying and standing so long sleeves or layers are suggested in case you feel cooler whilst lying on the floor.

**Tutor biography:**

Gillian Burn has been involved in exercise and health promotion for over 25 years. She trained as a nurse, midwife and health visitor and now specialises in health programmes for individuals and companies focusing on creating a healthy mind and healthy body.

Gillian has an MSc in Exercise and Health and trained with The Body Control Pilates Academy, Europe’s leading professional body. Gillian is a Level 3 Pilates Teacher with the Register of Exercise Professionals. She has 2 young children (6 and 8 years) and has been teaching Pilates for over 10 years in Burnham and Taplow.

**To book please contact the Box Office: 01628 788997 /** [**www.nordenfarm.org**](http://www.nordenfarm.org/)

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