

**Classes and Activities – Information Sheet**

**Pilates – Beginners** - SPR2018

**Dates: Course 1:** Tues 9 Jan – 6 Feb

**Course 2:** Tues 20 Feb – 20 Mar

**Course 3:** Tues 17 Apr – 15 May

**Cost of class:** £50 per 5 week course

**Day:**  Tuesdays

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

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

**Tutor:**   Zoe Brennan

**Class Size:**  Up to 15

**Information about the class:**

This one hour class 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:**

Zoe first became interested in Pilates through attending courses when she was pregnant. Her interest continued after having children as she was really feeling (and seeing!) the benefits, so much so that she decided to train as an instructor and not return to the corporate world. After a 6-month classroom-based training course, Zoe successfully qualified as a Level 3 Pilates instructor in early 2016 (she is also REPs registered) and since then has been running a variety of both private and group classes in and around Maidenhead where she lives with her husband, 3 young children (9,7,5).

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

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