

Classes and Activities – Information Sheet

**Pilates** – SPR2020

**Category:**  Adult (18+ years)

**Day(s):** Tuesdays

**Dates: Course 1:** 14 Jan – 25 Feb (exc 11 and 18 Feb)

 **Course 2:** 03 Mar – 31 Mar

**Time:** Intermediate | 11.30am – 12.30pm

Beginners | 12.45pm – 1.45pm

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

**Tutor:**   Zoe Brennan

**Class Size:**  Up to 15

**Cost to class:** £12 per class or £50 per 5-week course

**Information about the class:**

**Beginners:**

Suitable for anyone new to Pilates or wishing to improve their flexibility, co-ordination, posture, balance, breathing and focus on stabilizing the core. At the end of the class we will take a few moments to relax and unwind.

**Intermediate:**

Suitable for people with some Pilates experience or those who are looking for a slightly more challenging class. Still covering alignment, breathing and centering but with more focus on strengthening and toning your body. At the end of the class we will take a few moments to relax and unwind.

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

**Aims and objectives:**

Zoe’s classes have two key objectives. The first is to develop and strengthen your core, improving posture, mobility and flexibility. The second is to improve your circulation and help reduce stress and fatigue.

**Are there any other costs? Is there anything I need to bring?**

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

**Clothing:**

Please wear loose, comfortable clothing such as tracksuits 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 and three young children.

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

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