



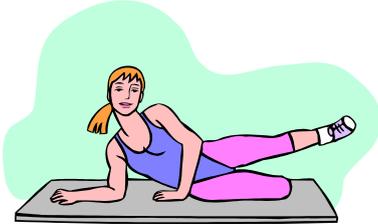
Rossett School

Success for everyone

Rossett adult learning for pleasure courses to suit all tastes and interests

Course Information

Tel: 01423 563768 email: adultlearning@rossettschool.co.uk www.rossettschool.co.uk/adultlearning
Adult learning, Rossett community partnership, Green Lane, Harrogate, HG2 9JP



Pilates for everyone

Please note that there is no class on Wednesday 9th May

The class is a general level class and beginners are welcomed.

Pilates is suitable for all ages and fitness levels. As it is a mat class the ability to get up and down off the floor is essential.

If you have a health or physical condition that you feel we should know about please let us know in advance of the class.

Pilates is a body conditioning form of exercise that targets deep postural muscles, which help to protect and stabilise the spine. It provides a safe and beneficial form of exercise that will improve posture and increase core stability.

For the first session students will need

Please bring a mat and wear comfortable clothing that allows the body to move. Shoes are removed so please wear clean socks

Additional Costs

None

By the end of the course students should be able to

- Demonstrate improved posture.
- Increase core strength.
- Experience greater flexibility & stability.
- Have a feeling of improved overall wellbeing.

Course programme

Pilates is an invigorating exercise method for your body and mind that helps improve strength, flexibility, mobility, overall health and sense of well-being. The exercises will be adapted to your needs. As your body strengthens and your body awareness improves, the difficulty of the exercises will gradually increase, all at a pace to suit you as an individual and as a group.

Students' prior learning and their expectations about the course will be assessed by

- Participants will complete a brief health questionnaire at the first class.

Tutor Profile:

Louise brings with her a wealth of experience in delivering a variety of group fitness classes. She is a positive & enthusiastic teacher & aims to deliver her sessions with warmth & humour ! Fitness can be fun - honestly!