



Rossett School
Success for everyone

Rossett Extended School **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 Extended School, Green Lane, Harrogate, HG2 9JP

Power Pilates			
Start date	17th September	End date	4th December
Half Term Bank Holidays (no class)	29th Oct		
Day(s) of week	Tuesday	Time	18.30
Teacher	Amy Hunt	Fee	£59

This course is for;

People who are looking to develop core strength, tone, improve posture, flexibility, correct alignment and relieve muscle tension. Get ready for a full body strength building and conditioning class, making meaningful body and mind connections that you can apply to all aspects of your life

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. There are some mats to borrow if you don't have one.

Additional Costs; n/a

The course aims

This all over body-conditioning class focuses on core stabilisation exercises, strengthening the torso & protecting the spine for everyday activities. We'll release muscle tension, correct alignment, improve flexibility and tone.

The course will cover

Week by week, we will build strength from the inside out, rebalancing the body, bringing it into correct alignment. Regular practice will improve your posture, flexibility, core strength, relieve stress and muscle tension, improve body awareness and get you toned.

By the end of the course students should;

- Demonstrate improved posture and core strength.
- Experience greater flexibility
- Feel more toned
- Have a feeling of improved overall wellbeing.

Tutor Profile:

Amy is an experienced Mat Pilates instructor, teaching throughout Harrogate, North Yorkshire. Expect an upbeat, fun practice, helping you strengthen, lengthen and tone, all to a killer playlist!