

## Classes and Activities – Information Sheet

### Pilates

<b>Category:</b>	Adult (18+ years)
<b>Day(s):</b>	Wednesdays
<b>Location:</b>	Norden Farm Centre for the Arts
<b>Tutor:</b>	Zoe Brennan

#### 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 centring 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:**

I first became interested in Pilates through attending courses when I was pregnant. My interest continued after having children as I was really feeling (and seeing!) the benefits, so much so that I decided to train as an instructor and not return to the corporate world. After a 6-month classroom-based training course, I successfully qualified as a Level 3 Pilates instructor in early 2016 and since then have been running a variety of both private and group classes in and around Maidenhead where I live with my husband and 4 young children

Being a busy Mum, Pilates has really helped me stay strong, flexible, relaxed and most importantly gives me some time for myself – both my body and mind. I love the way that it is suitable for everyone – regardless of age, fitness level or mobility. It can be as easy or as hard as you want it to be, and all you need is yourself, a mat and a bit of spare time..! As I always say to my students, 'Some Pilates is better than no Pilates' ...and I firmly believe this. Hopefully I will see you at one of my classes soon – you will be warmly welcomed.

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

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