

# Pilates

## Power Pilates

**Day/Time:** Mon Beginners 7:00-8:00pm  
Mon Intermediate 8:00-9:00pm  
**Duration:** 6 weeks  
**Tutor:** Anne Bedford  
**Fee:** €70

### Course Description

The approach to health and fitness is constantly changing. Today, people are becoming more in tune with their bodies and want an all-encompassing method of exercise to meet their varying needs. Whether your desire is to sculpt a toned physique, prevent injury, increase overall strength, relieve stress or just get back into shape after your holidays – Pilates is for you!

Benefits include: Longer, Leaner, Stronger, Healthy Muscles • Core Strength & Stability • Injury Prevention • Relief From Stress & Back Pain • Better Posture • Improved Balance & Co-Ordination • Enhanced Athletic Performance • Effective Post-Rehabilitation • Heightened Mind-Body Awareness • Increased Self-Confidence

You should wear loose, comfortable clothing that will allow you to stretch and perform the exercises.

**Enrolment Details:** Book directly with Anne (086 3860754 / [anniebyoga@gmail.com](mailto:anniebyoga@gmail.com)). The Pilates classes are very popular, and often fill up early. Book early to avoid disappointment.

## Pilates

**Day/Time:** Thurs Beginners 7:00-8:00pm  
Thurs Improvers 8:00-9:00pm  
**Duration:** 8 weeks  
**Tutor:** Karen Doyle  
**Fee:** €90

### Course Description

The beginners class is suitable for those new to Pilates and particularly those who may have chronic back issues and exercises are adapted to work on issues like chronic back, hip or shoulder pain. You learn how to engage the deep core muscles and the pelvic floor, and learn correct head and shoulder alignment. Understanding and being able to do this allows you to get the most from the class. New exercises are introduced each week.

The intermediate class is suitable for those who have completed Pilates before and who are looking for a faster paced class. Similarly to the beginners class, this class will be suitable for those who may have chronic back issues as long as they completed 6-8 beginners Pilates classes in the last 12 months and hence understand core control.

Classes are led by Physical Therapist Karen Doyle. Both classes are kept small so that you get adequate attention from the tutor.

**Enrolment Details:** Book directly with Karen (01-5441225 / 086-4030473). Classes are limited to just 8; book early to avoid disappointment.

