

Pilates

Pilates (mixed levels)

Day/Time: Wed 8:30-9:30pm
Sat 10:00-11:00am
Duration: 10 weeks
Tutor: Una Whelan
Fee: €100

Course Description

Pilates is a system of exercises that helps to improve physical strength, flexibility, posture and mental awareness. The class provides a full body workout with particular focus on strengthening the core muscles of the body. It is ideal for the rehabilitation or prevention of injuries related to muscle and joints e.g. back pain. It is also ideal for people who are active e.g. hill walkers, runners, swimmers, cyclist, and golfers.

The class is suitable for absolute beginners as well as those who have some experience of Pilates.

The class number is kept small to ensure lots of individual attention from instructor during the class.

Please bring a yoga mat and a bottle of water and wear loose comfortable clothing suitable for exercise.

Enrolment Details

Courses will only be run if there are sufficient enrolment numbers. Course enrolment for a particular course may only be secured by full payment of course fee. Fees are strictly non-refundable unless the school decides not to run a course, in which case all fees will be refunded by post or directly to your credit card.

You can enrol online at www.adultedtiernans.ie, over the phone (086 7902260) or in person at one of our enrolment evenings.

Cheques should be made payable to St. Tiernan's Community School and should have your bank card number on the back.

Materials are NOT included in course fees unless otherwise stated.

The school and its management accept no responsibility for loss or damage to the property of students. This includes motor cars, motor cycles and bicycles on the school grounds.

