



White Hart Lane  
Portchester  
PO16 9BD  
Tel: 023 9236 4399

Head Teacher: Mr. Roger Matthews

# PO52 PILATES

- DAY AND TIME:** Tuesday, 7.00 pm – 8.30 pm
- VENUE:** Portchester Community School
- TUTOR:** Nikita Short
- DURATION:** 10 weeks per term
- COST:** £60.00
- COURSE COMMENCES:** Autumn Term - 21<sup>st</sup> September 2010  
Spring Term - 18<sup>th</sup> January 2011  
Summer Term - 26<sup>th</sup> April 2011

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Pilates is a non-impact, relaxing, gentle and extremely effective exercise system suitable for all ages. Practised regularly, the exercises will reshape, rebalance and realign your body, strengthen your deep postural muscles, improve flexibility and promote a wonderful sense of vitality and well-being.

You will be introduced to the fundamental Pilates principles – including neutral alignment, correct breathing, centring exercises and body awareness. Please bring a mat and a small firm cushion.

This 90 minute class allows you the opportunity to learn, ask questions, and develop your own individual goals with Pilates exercises.

The Pilates exercise system is recommended by physiotherapists, osteopaths and chiropractors. However, if you have had an injury or are undergoing medical treatment or taking any drugs please consult your doctor before you take up a new exercise regime.

A few tips – do not exercise if you:

- Feel unwell, as it is counter-productive
- Have eaten a heavy meal in the past 2 hours
- Have been drinking alcohol

If you have any further questions please contact us on 02392 364399.

*50% discount on course fees for those claiming a means tested benefit  
Refund Policy – we can only refund course fees due to serious illness or sudden move  
a £10 admin fee will be deducted*

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