

Pilates

Beginners

Monday 6:30-7:30pm; 11 weeks; €105
Monday 7:30-8:30pm; 11 weeks; €105
Tuesday 7:00-8:00pm; 11 weeks; €105
Wednesday 7:30-8:30pm; 11 weeks; €105

Intermediate

Monday 7:30-8:30pm; 11 weeks; €105
Tuesday 8:00-9:00pm; 11 weeks; €105
Wednesday 8:30-9:30pm; 11 weeks; €105

Course Description

Pilates uses slow and controlled movements to develop strong abdominals, back, butt and deep postural muscles, increase body awareness, and gain flexibility.

Pilates can result in a number of physical and mental health benefits and in addition to improving strength, balance, flexibility and posture. It can increase energy levels and enhance mood. Pilates improves core strength in an integrated and holistic way, meaning that no one muscle group is over developed relative to other muscle groups.

You don't have to have done Pilates before to enrol on one of the Intermediate class. If you have good flexibility and core strength and feel that you could handle more advanced exercises, then the intermediate class may be more suitable for you.

You should wear loose, comfortable clothing that will allow you to stretch and perform the exercises. Bring an exercise mat and water to each class. Cheap exercise (yoga) mats can sometimes be purchased in the supermarket. Camping mats also suffice.

The Pilates classes are very popular, and often fill up before the in-school enrolment evening. Classes are filled on a first come; first served basis. Book early to avoid disappointment.

There are two 6:30 classes for beginners on Mondays - one with Claire and one with Maria. You will be able to select the one you want when booking online or over the phone.

