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Beginners Pilates Course

Starting from the basic principles of Pilates and working week by week to build up an understanding of **Pilates Method** work. The course will look at body alignment, breath control and increasing internal core strength.

The course will be limited in the number of participants taking part in the class so the teacher is able to evaluate the strengths and weaknesses of each person, similar to that of having private tuition.

Before being admitted on the course **Anginette** will have a phone or email conversation with you to establish history of injuries you may be recovering from or (with permission) if you are coming along with encouragement from the **Oxford Chiropractic Clinic**, **Anginette** will seek advice from **Kate Howat** for your personal position in accordance to the treatment you have been receiving.

The aim of the course is for people who feel a mainstream class may be a little daunting to jump straight into, to be in a class with others who are starting out on learning how to gain strength, mentally and physically and for the teacher to work a little more closely on each individual's weaker areas.

Course dates: Tues 5, 12, 19, 26 March & 2, 9 April 2013

Time & venue: 8.00-8.45pm, Rosehill Primary School

Cost per person: £7.00 per class

For further information, please contact

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