

## DANCE, FITNESS & WELLBEING – EVENING CLASSES

### **Pilates for beginners**

Tuesday, 6.30pm – 7.30pm, £75 per term

This class is designed to improve posture and strengthen muscles that support the back. The class incorporates breath control that relaxes the body and mind and is suitable for beginners.

The Pilates technique develops core strength and corrects muscular imbalances in the body. A regular practise of Pilates can increase energy and mobility, improving body alignment and concentration. Please seek medical advice regarding spinal injuries or conditions and whether a Pilates class is suitable training

### **Pilates for improvers**

Thursday, 8pm – 9pm, £75 per term

This is a progressive class aimed at students who have already completed previous terms at beginners' level and feel they wish to move to a more challenging group. These sessions will continue to assist improvement in posture and will further achieve overall toning in a supportive and relaxed environment

### **Pilates – mixed ability**

Monday, 6.30pm – 7.30pm, £75 per term

This class is designed for both beginners and improvers to strengthen muscles that support the back and improve posture. The course incorporates breath control that relaxes the body and mind and is suitable for all levels.

The Pilates technique develops core strength and corrects muscular imbalances in the body. A regular practise of Pilates can increase energy and mobility, improving body alignment and concentration.

### **Tap Dance – beginners**

Tuesday, 7pm – 8pm, £75 per term

Have you gone la-la for tap dancing? Would you like to shuffle, ball change and spring your way through a gentle workout while learning a new dance style? Come and learn the basics of tap dancing in our beginners' class or try our improvers' class if you have a year's experience or more. Each session includes a warm up followed by sequences which build

into a routine over the term. Dancing to traditional and modern music these classes are guaranteed to keep your feet tapping all the way home!

The beginners level class is suitable anyone wishing to learn how to 'tap'.

## **Tap Dance – improvers**

Tuesday, 8pm – 9pm, £75 per term

Have you gone la-la for tap dancing? Would you like to shuffle, ball change and spring your way through a gentle workout while learning a new dance style? Come and learn the basics of tap dancing in our beginners' class or try our improvers' class if you have a year's experience or more. Each session includes a warm up followed by sequences which build into a routine over the term. Dancing to traditional and modern music these classes are guaranteed to keep your feet tapping all the way home!

For those with some experience, the improvers' level class would be your best choice.

## **Yoga for beginners**

Monday, 7.30pm – 8.30pm, £75 per term

This course will enable you to develop the art of relaxing and rejuvenating your body and mind.

Yoga uses gentle stretching and breathing exercises that will help you towards developing and maintaining a healthier body and reaching a place of tranquillity. This course is a gentle introduction to yoga, covering simple postures for suppleness and strength. Breathing is integral to this and relaxation and reduction in stress levels can be accomplished.

You will need to wear loose comfortable clothing and bring a mat or blanket with you.

Please do not eat for two hours before the class

## **Yoga for improvers**

Tuesday, 7.30pm – 9pm, £85 per term

This course is suitable for those with at least a year's previous experience of Yoga. This course is a gentle progression through posture work, breathing and relaxation techniques aimed at encouraging steady progress and has many therapeutic effects.

You will need to wear loose comfortable clothing and bring a mat or blanket with you.

Please do not eat for two hours before the class.

## **Yoga – mixed ability**

Thursday, 6.30pm – 8pm, £85 per term

This course will enable you to develop the art of relaxing and rejuvenating your body and mind.

Yoga uses gentle stretching and breathing exercises that will help you towards developing and maintaining a healthier body and reaching a place of tranquillity. This course covers simple postures for suppleness and strength. Breathing is integral to this and relaxation and reduction in stress levels can be accomplished.

You will need to wear loose comfortable clothing and bring a mat or blanket with you.

Please do not eat for two hours before the class.