

PILATES with Jos

January to April 2019

Classes start 5.15pm, for approximately one hour.

Starting Monday 7th January, classes will run every Monday and Thursday at 5.15pm.

The fees are: Students £4.50 per session, Staff £5.00 per session. Classes are 'pay-as-you-go'; just turn up – it's informal, but still professionally run.

ATB/014 is our regular venue. It is Alcuin Teaching Block in the Seebohm Rowntree Building (SRB), Alcuin College. Once in SRB, go through the door marked 'Clinical Simulation Unit' (opposite the corner desk). ATB/014 is the room at the far end of this corridor.

Any changes to the class schedule will be emailed to the mailing list. Some dates may be cancelled nearer the time.

Jos is a Professional Instructor

Pilates

- Is for lengthening the muscles, make them stronger
- Improves quality of movement and posture
- Gives mental relaxation
- Improves correct breathing
- Fun way to get fit

All you need to do is turn up on the evening, no need to pre-book. Please wear comfy clothes, and it's suggested you bring a bottle of water.



Email gillian.robinson@york.ac.uk for a copy of this notice, and to be included on the mailing list, which is used for notifications of class cancellations, updates or venue change to a different building on campus. Tel: Jos: 01759 388912.