

Pilates for Wellbeing 2

About the Course

This 10-week course aims to improve participants' physical fitness by guiding them through a variety of Pilates exercises that build core strength, increase flexibility, and enhance overall body alignment. Over ten weeks, you will further your basic understanding of Pilates principles, improve your physical fitness, and cultivate a greater sense of wellbeing. This course is suitable for learners progressing from Pilates for Wellbeing 1 course as well as for beginners.

Course Learning Outcomes

- Perform range of Pilates exercises
- Evaluate the effects of Pilates practice on your mood and energy

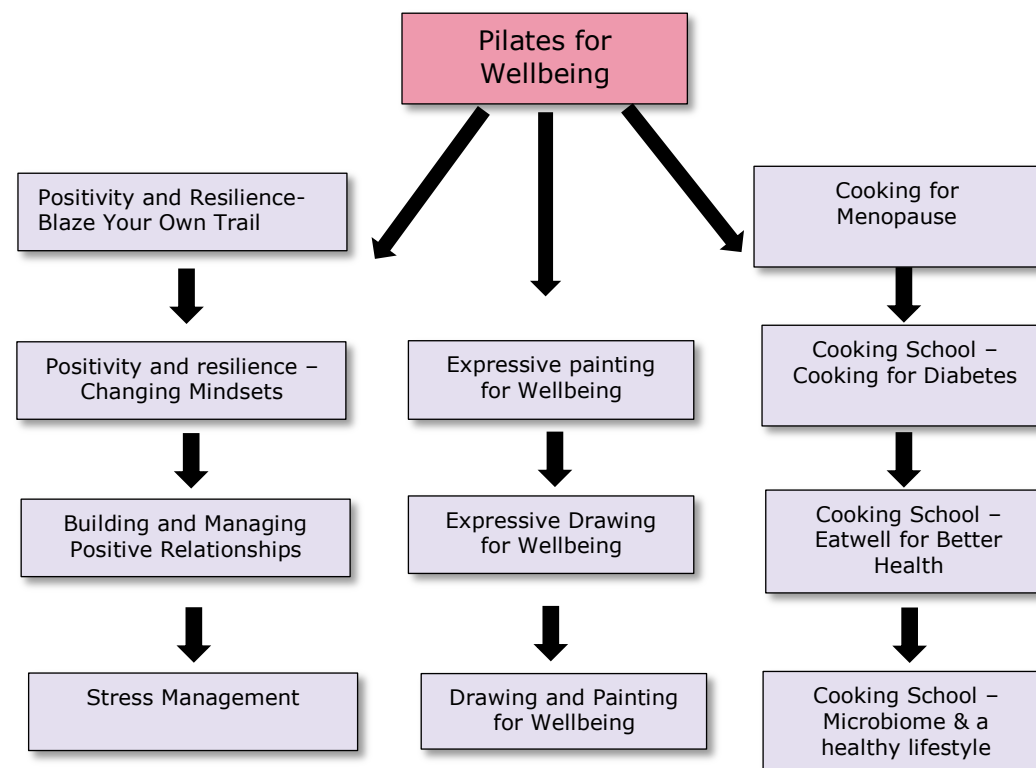
Please note: To successfully complete this course you must commit to 100% attendance and punctuality.

What is needed for the course?

- Wear comfortable clothing, that allows you to move freely
- You can use one of our yoga mats, or bring your own

If you need any additional support, please call us: 02085836000.

Progression Pathway



We can also provide you with information, advice and guidance for employment or further learning.

- ▶ Please speak with your tutor or
- ▶ Call 020 8583 6174 to speak to an advisor or
- ▶ Email work@hounslow.gov.uk or
- ▶ Visit www.workhounslow.co.uk