



## Pilates - Mixed ability

**Tutor Name:**

**Lexi**

**Day & Date**

**Wednesdays**

**20 September 2017**

**3 January 2018**

**25 April 2018**

**Timings**

**8pm - 9pm**

**Price:**

**£78**

**Number of Weeks**

**12**

**Target Group**

**all**

**Skills and qualifications needed:**

**none**

**Any further steps**

**Teaching & learning methods used:**

**Tutor instruction and  
demonstration**

**Course Details**

Improve strength, flexibility, core strength, balance, posture and general well-being.

**How progress and success will be recorded:**

**Materials required for first week:**

**Additional Costs:**

Please bring an exercise mat and wear comfortable clothing



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# Course Information Sheet

We are fully committed to equality of opportunity and we welcome enrolments from everyone. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect.

We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirement with us in confidence.

Arrangements have been made to make sure that you are safe in this centre. If you feel you are not safe for any reason, please tell your tutor or centre manager, who will investigate to ensure your safety.

Anglian Learning (company registered number 07564749) T/A Sawston Village College Adult Learning  
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