



Health and Fitness – Pilates

Pilates is a unique method of physical conditioning that integrates muscle control, breathing, flexibility, strength training and body awareness. Pilates is a series of movements that promote physical harmony and balance for people of all ages and physical conditions. By engaging the mind and body, Pilates is a known stress reliever.

Each class involves exercises that focus on elongating the body, strengthening exercises for the core, arms, hips and back, as well as stretching, ensuring a well-rounded session with students leaving the class feeling stronger, longer, taller and more at home in their bodies.

Program Co-ordinator	Monique Zahra mzahra@pymblelc.nsw.edu.au
Instructor	Ms Amitie Merrey
Term/s	Term 2 This program will be available every term
Years	Year 7 to 12
Days/Times	Tuesday 6.45am to 7.45am Thursday 6.45am to 7.45am
Cost (per term)d	\$85.00 per class
Maximum	15 students per class
Program Dates (Start/End)	Term 2: Tuesday 2 May to Tuesday 20 June
Program Dates (Start/End)	Term 2: Thursday 4 May to Thursday 22 June
Venue	To be confirmed
Uniform	Saturday sport T-shirt or House T-shirt Stretchy black/navy tights