



Health and Fitness – Pilates

Pilates improves flexibility, builds strength and develops control in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. The core consists of the muscles of the abdomen, low back, and hips, is often called the "powerhouse" and is thought to be the key to a person's stability. Pilates allows for different exercises to be modified to cater to everyone from beginner to advance. Intensity can be increased over time as the body adapts itself to the exercises and you may take the class at your own pace.

Manager	Karl Schmidt kschmidt@pymblelc.nsw.edu.au
Instructor	Mrs Amitie Merrey
Term/s	Term 4 This program will be available every Term however you must sign up for each Term you would like to be in the class.
Years	Year 7 to 12
Days/Times	Friday 6.45am to 7.45am
Cost	\$95.00 (flat rate)
Minimum and Maximum	Minimum – 10 students, Maximum – 30 students
Program Dates (Start/End) Friday	Term 4: Friday 19 October to Friday 30 November
Venue	Gymnastics room (lower gym)
Uniform	Saturday sport T-shirt or House T-shirt Stretchy black/navy tights Water Bottle Towel