**PILATES INTRO**
Pilates teaches body mechanics, balance, co-ordination, positioning of the body, spatial awareness, strength and flexibility. Participants exercise on a floor mat in a slow and controlled manner working to develop good posture and body alignment. The class is designed for beginners offering plenty of simple, yet effective exercises. Equipment is provided but you can bring your own mat if you wish.

**PILATES ADVANCED**
The goal of the Pilates method of conditioning is to obtain a higher degree of core strength, full body control, spine flexibility and improved alignment. You don't have to be an athlete or dancer to benefit from the increased body awareness and strength found through the practice of Pilates. Equipment is provided but you can bring your own mat if you wish.