

Pilates. Wed & Thurs.

with John Rignall

About Me:

I have a Level 3 diploma in teaching Pilates. I also have a Level 3 diploma in adapting exercise for independently active older people. These are validated by YMCA. I Have the Otago Exercise Programme Leader award Validated by Later Life Training. I also have a postgrad certificate in Seniors and Back Care Pilates Yoga Teacher Training validated by Harmonise Training Academy.

Class tutor: John

John is a fully insured qualified Pilates teacher and runs a friendly, relaxed class for people looking for a gentle introduction to physical activity. If you find getting up from a chair more difficult than you used to, if the idea of going to a gym does not appeal or if you need to resort to scissors to open a bag of crisps, you may find these Pilates based exercises helpful. No need to hunt out those leotards or running shorts, just bring some enthusiasm and wear comfortable clothes. He promises never to shout at you for leaving your PE kit at home.



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