



Mardyke Arena
UNIVERSITY COLLEGE CORK

Nov 2024

Reformer Pilates -5/6 Course

Price:

****4 Week Course €60 member/ €80 Non-member
Commencing November 21st**

**6 Week Course €90 member/ €120 Non-member
Commencing November 4th**

Please see website for updates

MONDAY 4th

TIME	CLASS	INSTRUCTOR
13.10-13.55	Beginner	Gillian
17.00-17.45	Beginner	Sinead
18.00-18.45	Beginner	Sinead
19.00-19.45	Beginner	Megan
20.00-20.45	Improver	Megan

TUESDAY 5th

TIME	CLASS	INSTRUCTOR
07.30-08.15	Improver	Gillian
13.10-13.55	Improver	Brid
17.00-17.45	Beginner	Sinead
18.00-18.45	Beginner	Sinead
19.00-19.45	Improver	Cornelia
20.00-20.45	Beginner	Cornelia

WEDNESDAY 6th

TIME	CLASS	INSTRUCTOR
07.30-08.15	Beginner	Brid
13.10-13.55	Improver	Cornelia
17.00-17.45	Improver	Cornelia
18.00-18.45	Beginner	Gillian
19.00-19.45	Improver	Gillian
20.00-20.45	Beginner	Aga

THURSDAY 7th

TIME	CLASS	INSTRUCTOR
13.10-13.55	Beginner	Sinead
17.00-17.45**	Improver	Lisa
18.00-18.45**	Athletic conditioning Reformer	Lisa
19.00-19.45**	Improver	Lisa

SATURDAY 9th

TIME	CLASS	INSTRUCTOR
09.30-10.15	Improver	Brid
10.30-11.15	Beginner	Brid

Levels- Reformer Pilates

- **Beginner:** An ideal place to begin if you have very little or no experience in Pilates (mat or reformer). The class is also suitable for those who have some experience in mat or reformer Pilates but have not done any in a while and would like a refresher of the concepts and moves.
This course will introduce you to the reformer and the variety of exercises that can be done on it. Your instructor will assess your breathing control and core strength and ensure that you feel comfortable with how to contract the core and pelvic floor muscles.
Your instructor will teach you how to protect your joints, spine, and muscles. We include education filtered through the classes – on bone health, injury-prevention tips and how to transfer and apply what you learn into everyday life. With a different class plan each week, you will progress and be challenged as your confidence and form improve. We will correct and monitor your form throughout each class, ensuring you are using your body safely and to the best of its ability. As classes are small your instructor will be able to modify the class to suit individual needs.
You can repeat this course over and over if you like as it will refine your technique, challenge you and build muscle and bone strength.
- **Improver:** This Level is for beginners who have completed 2 previous courses at beginner level and those wishing to continue, adding more exercises and at a quicker pace. A complete understanding of reformer equipment as well as the ability to modify exercises to your body.
- **Athletic Conditioning:** This is a quick paced class and more athletic than the beginning levels. Prerequisite of mixed or approval of instructor.
- **Re-for-Men (men Only)** For-Men-who wish to get stronger without adding mass. increasing muscular endurance, both of which are beneficial for daily activities. Men will benefit from developing better posture as well as balance, flexibility, and strength. The reformer also works the muscles in the lower back, the abdominals, and the pelvic floor

Course Terms and conditions

- Courses are available to any person 18 years and older.
- If you have any concerns regarding injuries or health issues, please consult your doctor or other medical professional for clearance before booking the course.
- Courses are subject to change and may be cancelled due to insufficient numbers. For a course to commence we require a minimum of 3 participants.
- Notice of course cancellation will be given within 1 week prior to the course commencing.
- If availability exists in other courses, every effort will be taken to rebook you into that course.
- If a course is cancelled, course credits or refunds may be given.
- There is no 'make up' for missed classes unless in receipt of a medical certificate.
- Cancellation of the course due to sickness or injury must be reported to course coordinator at Claire.murphy@ucc.ie as soon as possible if within the first 3 weeks. Failure to do so will result in a 50% deduction on remaining course.
- Courses are non-transferrable to any person.
- It is up to the participants to ensure they are on the correct membership category, please contact Reception 021-490-4796 to change category before booking.
- Please arrive 5-10mins prior to class to ensure a class starts on time. After 10 minutes the instructor has the right to refuse access and class credit will not be compensated.
- Attendance will be kept by the course instructor.
- If the instructor is sick, every effort will be made to provide cover, in the event the class is cancelled a class credit, or an additional class will be given at the end of the course where available.
- You may change your full booking day/time up to 24 hours prior to the course commencing subject to availability.
- If you drop out of a course, you will forfeit any unused classes.
- Items such as fitness circle, grip mat, ball, & gondola bar you may use throughout the course, but we ask you to wipe them clean after use.