

Pilates

Pilates provides a balanced blend of strength and flexibility training. It engages the mind and conditions the whole body. Pilates works several muscle groups simultaneously through smooth, continuous motion with a particular focus on strengthening the core or "power house" (abdominal, back and pelvic areas). Quality of movement rather than quantity is the focus, combining breathing techniques, precision of movement and concentration to enable the body to work as an efficient, holistic system in sport and daily activity.

Beginners Courses (Adults 15yrs+) Mat based courses

These Term 4 2011 courses introduce you to the fundamentals of Pilates training and are a prerequisite to attending the Pilates intermediate classes. **1st session is compulsory; please contact Coordinator if unable to attend or your registration will become invalid.**

Mondays 7:30 – 8:15pm (City YMCA)
Cost: \$68.00 (7.5 hrs, 6 weeks)
Starts: 31 October 2011

Wednesdays 12:00 – 1:15pm (Bishopdale)
Cost: \$68.00 (7.5 hrs, 6 weeks)
Starts: 9 November 2011

Mondays 7:30 – 8:15pm (Bishopdale)
Cost: \$68.00 (7.5hrs, 6 weeks)
Starts: 7 November 2011

For Casual **Intermediate classes**- refer Group fitness class timetable, but completion of a recognised Pilates Beginners course is **essential**.

Life Fit Pilates

Gentle Pilates for Older Adults or those with mobility problems. Please arrange to talk to the instructor before the course if you have health concerns.

Life Fit Pilates – Introduction

Day/Time: Thursdays 1:00pm
Starts: **February 2012**
Venue: Bishopdale YMCA
Cost: \$56.00 (8 weeks)

Tai Chi

An introduction to Chen style Tai Chi, promotes good balance, muscle strength, coordination and overall wellbeing.

Beginners Course

Day/Time: Thursdays 1:30 pm
Starts: 27 October 2011
Venue: Bishopdale YMCA
Cost: \$34.00 (6 weeks)

Beginner / Intermediate Course

Day/Time: Wednesday 5:30pm
Starts: **Not available Term 4,
next course Term 2012.**
Venue:
Cost:

Yoga

Hatha Yoga explores traditional poses, concentrates on gentle stretching, breathing and relaxation to help reduce stress and promote well being.

Day/Time: Tuesdays 6:30pm
Bishopdale YMCA
Starts: 25 October 2011
Cost: \$66.00 (8 weeks)
(No casual places available)

Flow-Yoga

Flow-yoga links Yoga poses with a fluid rhythmic movement. In this stretch – release style class, the concentration, breathing and body-weight resistance improves flexibility, strength, alertness and energy levels.

- Mondays 5:30pm (Bishopdale)
- Wednesday 10:45am (Bishopdale)
- Wednesday 5:30pm (City YMCA)
(Starts Wednesday 5 October)
- Thursday 6:30pm (Bishopdale)
- Friday 6:30am (Bishopdale)
(The last 2 classes will not be held during October.)

Members	Free
Casual	\$9.50
10 Concession card	\$72

**Pilates, Tai Chi & Yoga
Registration Term 4 2011**

Name: _____

Address: _____

Phone: _____

DOB: _____

Medical conditions: _____

**Please register me for the following
programme(s):**

Programme Name: _____

**Programme Venue: Bishopdale YMCA
City YMCA**

Programme Time: _____

Programme Cost: _____

Amount enclosed \$ _____

**(Registrations will only be accepted
with minimum deposit of \$20.00)**

**Please sign to indicate you have
read and understand the refund
policy.**

Signature: _____

**How did you find out about
us?** _____

Refund Policy

Please choose your classes carefully. No credits or refunds are given on withdrawn or missed classes once the term has started. If cancelled up to 3 working days prior to the term commencing a \$20 administration fee will apply. If the class is cancelled by YMCA a full refund will be given.

Registrations

Registration for all Bishopdale programmes may be done at the Bishopdale YMCA, 13a Bishopdale Court, Bishopdale Mall.

Post to: YMCA, PO Box 2004, ChCh 8140.

**Pilates
Tai Chi
Yoga**