

PILATES FOR RUNNERS

When: Saturday's 9.30-10.30am

Where: St Pierre Park Hotel Exercise Studio

Cost: £60

6 week course starting on the 23rd April until 28th May 2016

No Pilates experience is necessary

My name is Katie Lowe and I have been teaching Pilates for 7 years. I trained with Body Control Pilates in London. As well as Pilates I love running and have found that both disciplines perfectly complement the other which is why I have developed this course and would like to share it with you.

This course has been designed for runners and triathletes of any level, whether you are injured or at full fitness. The exercises have been specifically chosen to complement your existing training; increasing your body awareness whilst strengthening those areas of your body that are vital to successful running. We will also work on releasing tension in your muscles in order to help avoid injury and improve your performance by aiding you to run more efficiently.

This is a 6 week course designed to introduce you to the world of Pilates and show you the benefits of including regular Pilates into your existing training schedule. At the end of the course I will provide you with a 20 minute Pilates for Runners exercise programme so that you can continue your Pilates practice at home.

Following this course I will be teaching a weekly Pilates for Runners class on Monday evenings at 7.45pm.

If you are interested in attending please email me katiepilates@hotmail.co.uk or call me 07781 444119.