**Pilates with the U3A**

**Where?** The LED Leisure Centre, The Royal Avenue, Exmouth, EX8 1EN. The class will be in Studio 5, which we use for Yoga and Tai Chi. The maximum number of participants will be 16 members per session.

**When?** The class will take place every Monday from 2.00 pm to 2.45 pm (a 45-minute session)

**Is there a cost?** These sessions have been arranged through the partnership we have with LED. Exmouth U3A need to pay for the use of the studio and the instructor (Hazel). As a charity we cannot make a profit (or a loss) on the sessions. Therefore there is an initial cost of £4 per session. This may need to go up or go down, depending on attendance.

**How do I pay?** Initially you can pay the organiser at the session. As we move forward payments will be collected in arrears. You will be advised at the end of each month how much you owe and you can either pay by bank transfer or by cheque or cash. If you wish to pay by bank transfer account details will follow shortly.

Please **DO NOT** pay the instructor or try to pay at the Leisure Centre.

Can you please try to pay as promptly as possible to reduce the need for chasing.

**Why Pilates ?**
Build strength, improve core stability, flexibility, balance and posture while moving with greater awareness and confidence. A welcoming, supportive class for all ages and experience levels.

**What shall I wear?**
Comfortable sports clothing not too loose (in terms of tripping) and bare feet or grip socks.

**What shall I bring?**
If you have your own mat please bring it with you. There are mats available in the room but they are not great. If you have blocks and/or straps please bring them as well.
Water will be a good idea.

**Will it be suitable for me?**
What we have found with starting yoga and Tai Chi is that the classes are great for about 70% of members. For the remainder the lessons have either been too demanding or not demanding enough. The aim of the early weeks is for you to try and see if it is for you moving forward. If there is any feedback please let the organiser know accordingly.

**Who is the instructor?**
Hazel Davies, who is an experience Pilates instructor for LED Leisure, Cranford and Woodbury Park, who comes highly recommended.