

Courses Starts Tuesday 20th April

6:00 – 7:00 & 7:15 – 8:15

Pilates Classes for Sailors

Pilates is an excellent discipline for improving core stability, body posture and balance, increasing muscular strength, flexibility and joint mobility. In short, everything we need for everyday life, as well as enhancing our performance and enjoyment of our sport.

Pilates is frequently recommended by physiotherapists and osteopaths for injury prevention and rehabilitation.

WOW (Women On the Water) are initiating Pilates Classes tailored for sailors with Liz Rushall, who is an experienced dinghy and keelboat sailor. Liz has been practicing pilates for over seven years, which she took up to over come injury and ensure she could keep sailing. She is now a qualified Mat Pilates teacher.

- Classes are open to members of ESSC and ESC will be held at ESSC.
- Men and women welcome – open to all ages over 14+
- The aim initially is to run two classes on Tuesday nights.
- Classes will be in blocks of six weeks at a members rate of £35.
- It is anticipated there will be a starter / beginner and intermediate / improver class – depending on the experience level of those who are interested.
- Bookings will be on a first come first served basis, with a reserve list.

For those of you who are interested in joining the classes please contact:

Liz Rushall, REPS Pilates Teacher

01243 372547 or 07718 317601

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