Lambeth College
The Careers College

Pilates

Special Interest

Course options

Course option 1

Start date	Tuesday 23rd April 2013	
Centre	Brixton	
Length of course	10 weeks	
Course mode	Tuesday 10.00am - 11.30am	
Costs	19+ Concessions 19+ Reduced fee 19+ Standard fee International fee	**£0** **£30** **£75** **£300**

This course helps students to improve their muscle control and flexibility and strengthen core muscles, whilst toning and building up co-ordination. The majority of exercises are carried out as mat work and involve a series of exercises, each with a significant purpose incorporating breathing techniques.

You must be aged 19 or over.

Enrolment in Person only:

Brixton Centre: 56 Brixton Hill, London SW2 1QS

Enrolment in person, from Monday 8th April 2013	
Monday	10am - 3pm

Tuesday	10am - 3pm and (term time onl
Wednesday	10am - 3pm
Thursday	10am - 3pm and (term time onl
Friday	10am - 3pm

When you come to enrol, please remember to bring:

On benefit: Current evidence that you receive, or are the unwaged spouse or partner of someone who receives, or benefits:

• Council Tax Benefit
• Housing Benefit
• Income Support
• Job Seeker's Allowance
• Pension Guarantee Credit
• Working Tax Credit (with an annual household income of less than £15,276)

Fee payers: cash or credit/debit card (except American Express). If your fees are being paid by your employer, loca authority or other organisation, please bring a letter from them confirming that they intend to pay. They will then be