

Pilates

Pilates takes place on Wednesdays at 12:35 in the Sports Hall with external instructor, Rachel Marffy, who is **an experienced physiotherapist, acupuncturist, and pilates instructor, and** runs physiotherapy and sports injury clinics based in Didcot and on the Harwell Campus. The classes consist of mat based exercise, exercises in standing and the use of small equipment such as blocks, theraband and the Pilates Magic circle.



Pilates is a mind body exercise based on the 8 principles of Pilates, alignment, centring, co-ordination, concentration, relaxation, breathing, flowing movement and stamina. The mat based exercise is ideal for postural, abdominal and back work, mobility and flexibility improved pelvic floor function, relaxation and stress management.

Modern Pilates mixes traditional Pilates with physiotherapy techniques and sports rehabilitation. Every movement is slow and controlled so although you are never out of breath it can be very strenuous.

Pilates is suitable for young and old, male and female. It is suitable for athletes who want to improve their core stability to keep them in peak condition, people returning to exercise after a break, post-natal clients, those who just want to maintain and improve their general flexibility and mobility and it is often recommended by doctors, physiotherapists and osteopaths as a way of helping with back pain and more importantly stopping it coming back again.

Pilates is very popular with a limited number of places due to the size of the sports hall. Please contact Rachel if you are interested in joining the class.