



November - December 2026

Reformer Pilates -6 Course

Price:

6 Week Course €90 member/ €120 Non-member

Commencing Nov 2nd

Please see website for updates

MONDAY 2nd

TIME	CLASS	INSTRUCTOR
13.10-13.55	Level 1*	Gillian
17.00-17.45	Level 1*	Megan
18.00-18.45	Level 2 *	Megan

TUESDAY 3rd

07.00-07.45	Level 2	Gillian
13.10-13.55	Level 2	Brid
19.00-19.45	Level 2	Cornelia
20.00-20.45	Level 1	Cornelia

WEDNESDAY 4th

07.00-07.45	Level 2	Brid
13.10-13.55	Level 2	Dereck
17.00-17.45	Level 2	Gillian
18.00-18.45	Level 1	Gillian
19.00-19.45	Level 2	Cornelia
20.00-20.45	Level 1	Aga

THURSDAY 5th

07.00-07.45	Dental Mixed	Megan
13.10-13.55	Level 1	Cornelia
18.00-18.45	Level 2	Brid

Saturday 6th

10.30-11.15*	Level 1	Maeve
11.30-12.15*	Level 1	Maeve

Levels- Reformer Pilates

- **Level 1 –Beginner- Grip Socks compulsory** An ideal place to begin if you have very little or no experience in Pilates (mat or reformer). The class is also suitable for those who have some experience in mat or reformer Pilates but have not done any in a while and would like a refresher of the concepts and moves.

This course will introduce you to the reformer and the variety of exercises that can be done on it. Your instructor will assess your breathing control and core strength and ensure that you feel comfortable with how to contract the core and pelvic floor muscles.

Your instructor will teach you how to protect your joints, spine, and muscles. We include education filtered through the classes – on bone health, injury-prevention tips and how to transfer and apply what you learn into everyday life. With a different class plan each week, you will progress and be challenged as your confidence and form improve. We will correct and monitor your form throughout each class, ensuring you are using your body safely and to the best of its ability. As classes are small your instructor will be able to modify the class to suit individual needs.

You can repeat this course again if you like as it will refine your technique, challenge you and build muscle and bone strength.

- **Level 2- Improver- Grip Socks compulsory:** This Level is for beginners who have completed a minimum of 3 previous courses at beginner level and those wishing to continue, adding more exercises and at a quicker pace. A complete understanding of reformer equipment as well as the ability to modify exercises to your body.

Please check with course Coordinator (Claire) if you are unsure: Coneill@ucc.ie

Course Terms and Conditions

- Courses are available to participants aged 18 years and over.
- If you have any concerns regarding an injury or health condition, please consult your doctor or another qualified medical professional for clearance before booking the course.
- Courses are subject to change and may be cancelled due to insufficient numbers. A minimum of 4 participants is required for a course to proceed.
- Where possible, notice of course cancellation will be provided at least 1 week prior to the course commencing.
- If a course is cancelled, and availability exists on another suitable course, every effort will be made to rebook you. Alternatively, a course credit or refund may be provided.
- Participants must provide at least one week's notice if they wish to cancel their place on a course. Cancellations made within 7 days of the course commencement date will incur a 50% cancellation charge.
- There are no make-up classes for missed sessions unless a medical certificate is provided.
- If you are unable to continue a course due to sickness or injury, you must notify the Course Coordinator as soon as possible, particularly if this occurs within the first week of the course. Failure to notify us may result in a 50% deduction from the value of the remaining course.
- Course bookings are non-transferable and cannot be transferred to another person.
- Participants are responsible for ensuring they are registered under the correct membership category when booking. If you need to change your membership category, please contact Reception on 021-490-4796 before booking. Any difference in price will not be refunded after booking.
- Please arrive 5–10 minutes before the scheduled class time to ensure the class can start promptly. If you arrive more than 10 minutes late, the instructor reserves the right to refuse access to the class. In this instance, the class credit will not be refunded or compensated.
- Attendance will be recorded by the course instructor.
- Grip socks are compulsory for all participants for health and safety reasons.
- If an instructor is unavailable due to illness, every effort will be made to arrange cover. If the class cannot proceed and is cancelled, a class credit or, where possible, an additional class at the end of the course will be provided.
- You may request to change your course day or time up to 4 days before the course commences, subject to availability.
- If you withdraw from a course after it has commenced, you will forfeit any unused classes.
- Equipment such as fitness circles, grip mats, balls and gondola bars may be used throughout the course. Participants are asked to wipe down and clean all equipment after use.