



**Pilates
Jump Board
a cardio athletic
styled
conditioning
class**

Jump Board- a cardio athletic styled conditioning class

“Pilates is complete coordination of body, mind and spirit.” J.H. Pilates

Joseph Pilates believed Pilates was /is, not just about great posture and a rock-hard core. It was / is more than just a physical exercise, and can radically enhance mental, emotional and spiritual wellbeing.

Performing Pilates machine-based movements enhance –
• Strength • flexibility • Balance • Control • Co-ordination

The Jump board is the ultimate in ‘distal mobility with proximal stability’

Train with concentration, control, flow and rhythm –

You must Jump with all body parts under ‘conscious control’ – the body and mind make subtle adjustments moment to moment – day to day. What worked yesterday for you the professional or your client – may not work today.

In this Jump Board Course gain an understanding in:

- **Four Elements of Efficiency**
- **Foot positions**
- **Proximal stability for distal mobility**
- **Lag time**
- **'Core Jumping'**
- **Precise Nomenclature for teaching**
- **3D movement for cardio / resistance class programming**

**Our intensive course will be facilitated by Progressive Pilates Tutor Rachel LLyod
Originally trained at the Northern Ballet, 20years plus experience within Pilates and is the creator /
author of the highly successful Connor the Conker - Pilates for children**

Join us for this intensive but fun 1 day course - 80% practical so prepare to work!

Numbers are limited and are on a first come first serve basis [non-refundable deposit required]

The Progressive Pilates Academy;

The Academy established in 1998 was the first of its kind in Ireland and is the leading training provider in Mind / Body, Core and Functional exercise. The Academy has a reputation both nationally and internationally for high quality courses and workshops incorporating the most up to date researching from the fields of exercise science and bio-mechanics. We offer Diploma and

The Holistic PROGRESSIVE approach is a synthesis of Pilates and other related bodywork principles designed to enhance the students experience of Pilates movement and to develop a broad range of ability. The PROGRESSIVE Pilates Academy continues to be a leading force in the growth of and public awareness of the Pilates Technique. Our team of highly qualified, experienced tutors and assessors will support you through your chosen training program making each step of your journey an enjoyable learning experience - Your course tutors are passionate Pilates Specialists with a wealth of knowledge of Pilates and a broad base of disciplines.

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Contact us

To book on our next course is **September 9th 2018**

or inquire about future courses -

Call 00353 1 8684600

or email info@bodyfirm-studios.com