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MAYOR OF LONDON

INFORMATION LEAFLET

PILATES PROJECT

As part of the 'Sport for Social Integration' initiative supported by The Mayor of London, we are offering free pilates classes to target women living in Brent.

'Sport for Social Integration' means using sport and physical activity with the intention of achieving positive outcomes in our society. Sport can be a great tool to engage socially isolated groups by creating an environment for them to build positive relationships with others, and this can give them a sense of purpose and belonging.

What is Pilates?

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being.

Similar to Yoga, Pilates concentrates on posture, balance and flexibility. In Pilates the chance of injury is much lower than with other more strenuous forms of exercise.

Who is eligible for the free classes?

Women who are on low income, unemployed, refugees, asylum seekers and Black and minority ethnic groups.

(Not suitable for those who are injured or have serious health conditions)

Classes:

Classes will take place online, virtually via ZOOM.

Participants will need to have access to a phone, iPad or laptop/computer. Classes will last 1 hour and will be conducted in English.

Classes will be mat based, no special equipment required, just a mat or towel.

These classes are aimed to be accessible to all, if translation is required or if someone does not have access to a mat, please get in contact on the number or email below.

Bookings:

To book a space go to: <https://bookwhen.com/brentpilates>

Participants will need to complete a short health questionnaire prior to participating. This form is available online when placing a booking. Where applicable, participants should consult with their GP if you haven't exercised for a while, are older or pregnant, or have health problem.

Once a place is booked, a link to the class will be emailed to the participant.

Contact info:

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