

## TherapyXperts PILATES Core Stability Classes

**TherapyXperts Chartered Physiotherapists** have offered highly acclaimed Pilates Core Stability classes for many years. The next set of classes commence on the week of April 12<sup>th</sup> 2010. Classes are held in both Maynooth and Mount Merrion. This course is 10 weeks in duration. All classes are given by TherapyXperts' Chartered Physiotherapists/ certified APPI Pilates Instructors. Places are limited to 10 per class for strict supervision.

Beginners must complete an individual assessment pre-class to ensure medical and physical fitness for this type of exercise. Pre-assessment ensures that class exercises are tailored to benefit each individual participant. This pre-class assessment costs €65.

To book a place, please fill out this form and return by 1<sup>st</sup> April 2010.

Places for the course will only be confirmed on receipt of full payment.

TherapyXperts Maynooth				TherapyXperts Mount Merrion			
Course	Start date	Time	Tick	Course	Start date	Time	Tick
Beginners	Tues 13/4	18-19 Hrs	<input type="checkbox"/>	Beginners	Mon 12/4	18.30-19.30	<input type="checkbox"/>
Intermediate	Tues 13/4	19-20 Hrs	<input type="checkbox"/>	Beginners	Mon 12/4	19.30-20.30	<input type="checkbox"/>
Beginners	Wed 14/4	10-11 Hrs	<input type="checkbox"/>	Intermediate	Mon 12/4	20.30-21.30	<input type="checkbox"/>
All classes held in North Kildare Club				All classes held in Taney Parish Hall			
<b>NB. No Class week of June 6<sup>th</sup>.</b>				<b>NB. No Class on Bank Holidays</b>			

*A 10% discount is available to clients booking on line*

Please complete:

Name: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Email address: \_\_\_\_\_

**Payment :**

Payment may be made in person by cash, by mail /cheque or by electronic means.

Completed forms with cheque /cash payment may be delivered to:

**TherapyXperts Maynooth,**

Parklodge, Parklands, Maynooth, Co. Kildare (ph 01 628 9341) or

**TherapyXperts Mount Merrion,**

105 Trees Road, Mount Merrion, Co. Dublin (01 283 4303)

To avail of laser/ credit card payment, please fill out the following:

Card type: Laser/ Mastercard / Visa/ Other ( -----)

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiry date: \_\_\_\_ \_\_\_\_ / \_\_\_\_ \_\_\_\_                      3 digit CVV number: \_\_\_\_ \_\_\_\_ \_\_\_\_

To join TX Maynooth classes return form to [genevieve.fay@therapyxperts.ie](mailto:genevieve.fay@therapyxperts.ie)

To join TX Mount Merrion classes return form to [elaine.barry@therapyxperts.ie](mailto:elaine.barry@therapyxperts.ie)