

# SUBSIDIZED PILATES CLASSES



Dear Colleagues

Are you one of those individuals who are always advising clients, friends and family to look after themselves, especially to be fit and healthy, then why not look at your own life style and have a go at one of our Health & Well-being courses that have been scheduled below.

These courses will be based on a first come first serve basis so if you are interested in any of the courses listed then you can purchase a place on the course by following the relevant **Eventbrite link in the table below**.

These 10 and 11 week courses are based on 10-12 delegates depending on room size participating at the cost of £25.00 per person, if less than 10 delegates book on these courses then the cost will be recalculated. Without subsidy the course would normally cost £40.00/£55.00 per person depending on how many delegates attend.

Please note that these courses must not be attended during your working hours unless you have arranged to take leave for this purpose.

In attending any of the courses listed below the Trust will expect some feedback. This will help us decide what Health & Well-being initiatives we can take forward for the future!

The Trust hopes that you will look forward to and benefit from these well-being courses!



# SUBSIDIZED PILATES CLASSES

Address	Dates	Course /Duration	Time	Link to book
<b>Robin Pinto Centre</b> Calnwood Road Luton LU4 0AW	<b>Thursdays</b> 15th June 24th August 2023	Pilates/11 Weeks	5:15 pm - 6:00 pm	<a href="https://www.eventbrite.co.uk/e/11-week-pilates-course-robin-pinto-centre-luton-tickets-638752294307">https://www.eventbrite.co.uk/e/11-week-pilates-course-robin-pinto-centre-luton-tickets-638752294307</a>
<b>East Ham Care Centre Day Hospital Area - Room GS22</b> 302 Shrewsbury Rd Forest Gate E7 8QP	<b>Tuesdays</b> 13th June - 15th August 2023	Pilates/10 weeks	5:30 pm - 6:30 pm	<a href="https://www.eventbrite.co.uk/e/10-week-pilates-course-east-ham-care-centre-tickets-626953092577">https://www.eventbrite.co.uk/e/10-week-pilates-course-east-ham-care-centre-tickets-626953092577</a>
<b>Tower Hamlets Centre for MH Multipurpose Room</b> (MH Unit) Mile End Hospital, Bancroft Road E1 4DG	<b>Wednesdays</b> 14th June- 16th Aug 2023	Pilates/10 weeks	5:30 pm - 6:30 pm	<a href="https://www.eventbrite.co.uk/e/10-week-pilates-course-tower-hamlets-centre-for-mental-health-tickets-626928669527">https://www.eventbrite.co.uk/e/10-week-pilates-course-tower-hamlets-centre-for-mental-health-tickets-626928669527</a>
<b>Trust HQ Training Room</b> Robert Dolan House, 9 Alie Street E1 8DE	<b>Thursdays</b> 29th June - 31st August 2023	Pilates/10 weeks	5:30 pm - 6:30 pm	<a href="https://www.eventbrite.co.uk/e/10-week-pilates-course-trust-hq-robert-dolan-house-tickets-626958217907">https://www.eventbrite.co.uk/e/10-week-pilates-course-trust-hq-robert-dolan-house-tickets-626958217907</a>
<b>Newham Centre for MH Lecture Theatre</b> Cherry Tree Way London E13 8SP	<b>Thursdays</b> 15th June - 17th Aug	Pilates/10 weeks	5:30 pm - 6:30 pm	<a href="https://www.eventbrite.co.uk/e/10-week-pilates-course-newham-centre-for-mental-health-tickets-626987244727">https://www.eventbrite.co.uk/e/10-week-pilates-course-newham-centre-for-mental-health-tickets-626987244727</a>