

Pilates

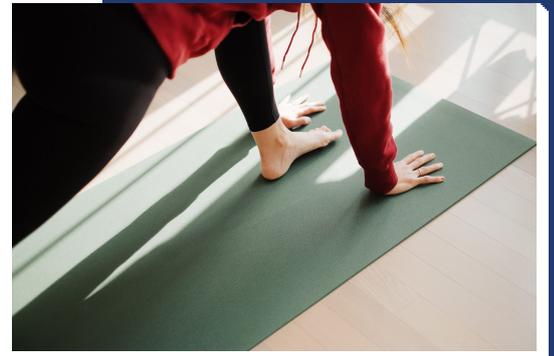


Leisure and Professional

Far more than a recent fitness craze, Pilates has been developed and practiced since the 1920's when Joseph and Clara Pilates opened their 'Body Conditioning Gym' in New York City. Joe Pilates based his work on three principles: Breath, whole-body health and whole-body commitment; with the whole-body encompassing mind, body and spirit.



Scan the QR Code for full course description, assessment and progression options from this course



ENTRY REQUIREMENTS

Must be 19 years or above



LOCATION & NEXT START DATE(S)

Cornwall College Camborne - As required



LEVEL
No Qualification

DURATION
38 weeks

ATTENDANCE
Part-time

FEES
Tuition Fees: £0.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.



Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



**Find out more and
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