

About Tina Sheridan

I trained as a professional dancer and have been teaching in the health and fitness industry for 14 years. Qualified as a STOTT PILATES® instructor, I have undertaken extensive training in different aspects of Pilates, including Advanced Mat Work and Reformer, STOTT Chair Pilates, and STOTT Golf and Raquet Pilates. Working closely with physiotherapists and leading surgeons, I help clients with posture retraining to facilitate injury prevention and rehabilitation and to improve their general strength, flexibility and fitness.

I also provide Pilates training and Body Awareness coaching to Elite Olympic athletes at Loughborough University and have worked closely with a member of the Para Olympic rowing team. Registered with Exercise Professionals, I am also fully insured (REPs V0 R0036372).



Qualifications

YMCA RSA Exercise to Music NVQ and Step Training Module / Instep Aerobiking Instructors Certificate / Chiball Method Life Fitness Instructor / Speedo Shallow Water Aerobics / STOTT Advance Mat Work and Reformer / Freestyle Yoga / Pilates Institute Intermediate Mat Work (Theory & Practical) / Gym Advanced Instructor / Zumba



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Call now to book



Pilates and Rehabilitation



Qualified STOTT PILATES® Instructor



About Pilates

Pilates was developed using a range of specialised and precise routines, designed to help the body regain its natural capabilities, using mainly floor and mat exercises. It is the perfect complement to cardiovascular exercise, athletic training and rehabilitation.

Pilates is an established way of regaining the flexibility, mobility and strength lost after an operation or injury, without building bulk or stressing your joints.

I have many years experience helping people of all abilities – from world class athletes, those recovering from serious injury, or those who wish to enhance their fitness and lifestyle in a relaxed atmosphere, learning and practicing the Pilates exercise techniques.

Rehabilitation

After an operation or injury you want an instructor who understands how to help you get back to normal. As a qualified Pilates instructor, experienced in safe rehabilitation, I will be able to offer you the appropriate level of exercise at each stage in your rehabilitation.

Preventing Recurrence

Maintaining and strengthening the core muscles that support your body helps prevent recurrence of injury and protects you in the future. Pilates exercises are an established method of improving and developing your conditioning, and will leave you looking toned, feeling revitalised and moving with ease.

Courses

I run introductory courses at a number of locations, including physiotherapy clinics in Northamptonshire. Don't worry if you haven't got any experience; Pilates can be enjoyed by everyone. The exercises, learnt in weekly class situations should be repeated for at least 10 minutes each day, to see significant improvements in physiology and well-being.

Private Tuition

Private classes can be booked on a one-to-one basis allowing me to develop a programme to focus on your specific needs, at venues to suit you.

Alternatively you can club together with friends and colleagues to spread the cost, at home or at work.