



## **Need help with that winning shot?**

In racket sports like Pickleball and Tennis a player typically uses the same hand and arm to hit the ball, which creates muscle imbalances. Without good postural alignment rotation is impossible and injury may be imminent. Pilates is focused on alignment and balanced musculature. Strengthening the deep abdominal and back muscles while focusing on alignment and muscular balance helps you hit that winning shot again and again with accuracy and most importantly without injury.

Interested in having a Pilates session with a small private group, team, or partner?

**Contact Dr. Jaime Parker, Pilates & Holistic Well-Being Specialist,  
and accomplished marathoner  
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