

PILATES

In the early 1900's, Joseph Pilates created a system of core strengthening exercises that can be done on the mat or with equipment. He incorporated research from many areas of his life, including gymnastics, boxing, yoga, and karate.

The mind-body connection separates Pilates from traditional abdominal workouts. And not only do these exercises give you long and lean abs, but they also make you a stronger person – deep to your inner core muscles; and able to become stronger, in the rest of your body.

STRENGTHEN THE BODY AND FREE THE MIND

- **Pilates is a must for anyone looking to improve posture, balance, coordination and overall strength. Since power comes from your center, Pilates is also key if you are active or play a sport.**
- **Learn core strengthening through, control, centering (engaging the core), precision, breathing, fluidity, and flexibility.**
- **Pilates targets the abdominal, lower back, pelvic floor, and hip muscles to support the spine.**

Pilates can be done on a mat, with props, and on a Reformer machine or other apparatus. It creates a more aligned body, improving strength without necessarily building bulk. It is suitable for men and women of all fitness levels and can be tailored for rehabilitation.

POST REHAB LEVEL: TUESDAYS 10:45 - 11:15 AM
BEGINNER: THURSDAYS 9:30 - 10:00 AM