

FITNESS PILATES

What is it?

Fitness Pilates is based upon the original Joseph Pilates exercises and ideas, and uses modern research and updated methods which make it suitable for a group exercise class. It is a controlled body conditioning that works in a different way to other fitness techniques.

Targeting the deep postural muscles, Fitness Pilates builds strength from the inside out, rebalancing the body, which will become longer, leaner and more toned. It's also a great way to relieve unwanted stress and tension.

What are its benefits?

It's designed to:

- Enhance posture
- Increase flexibility and mobility
- Build core strength
- Improve muscle balance and coordination
- Relieve back and neck pain
- Promote relaxation and rejuvenation

"In ten Pilates sessions you'll feel the difference, in twenty you'll see the difference, and in thirty you'll have a whole new body." -Joseph H. Pilates

Who is it for?

It is aimed at all levels, ages and abilities. It is a form of functional fitness that will make all of your daily activities easier -- whether you have a desk-job or are a training athlete!

A typical Fitness Pilates class consists of the following components and is taught to music:

- Mental and Physical preparation/Warm up
- Standing Fitness Pilates Functional Work
- Mat work Fitness Pilates Exercises
- Cool down and relaxation

What to wear and what to bring?

The main idea lies in comfort for you and in visibility for the instructor. Wear something that is not restrictive of movement, without being too loose or baggy. Footwear is either barefoot or with socks. You will need to bring your own Pilates/Yoga mat!