

PILATES

For Flexibility, Strength, Endurance and Co-ordination.

Pilates is one of the world's most popular exercise classes. It gives strength without bulk, stretches your muscles, improves your posture, and can help ease lower back pain. It restores the balance of your whole body, leaving you feeling healthier, stronger and more relaxed.

Why Pilates Classes?



The Pilates movements stretch the muscles and pull them into a longer and leaner shape, rather than forcing them to tear and rebuild in a shorter and thicker shape as strength training does. It also gives the whole body workout that challenges your body like no other exercise.

ANYONE CAN DO IT - You do not have to be an athlete to be involved with Pilates. Anyone of any age and any level of fitness can do Pilates. Whether young or old, a fitness fanatic or someone who has never exercised before, you will reap the benefits.

ALL ROUND BENEFITS - The Pilates system works the body as a whole and aims to co-ordinate the upper and lower muscle groups with the centre of the body. This has a dramatic effect on strength, flexibility, posture and co-ordination.

DEVELOPS CONCENTRATION - Known as the intelligent way of working out, this technique places a huge focus on concentration and discipline. Pilates treats the mind and body on different levels. Because it works the muscles in the body equally, simple everyday tasks such as shopping, or carrying the children becomes easier.

THE CLASS - A series of mat-based exercises classes that condition your body, build flexibility, increase strength and boost endurance . You will need to wear comfortable clothes, and bring water

Specialist Classes available Including:

Pilates for Back Pain – A Complete Back Care Programme

Pilates for orthopaedic conditions

Privates classes available upon request.