WHAT IS PILATES?

Created by Joseph Pilates in the early 1900s, Pilates is a series of exercises designed to evenly condition the entire body. The work concentrates on the core muscles and learning how to incorporate them into every movement for proper alignment and support of the body. It simultaneously stretches and strengthens your body and increases range of motion throughout your joints. Pilates is a highly focused, technique based exercise that can dramatically transform the way your body looks, feels, and performs. With Pilates you will see improved posture, muscle tone, strength and flexibility. You will also notice improved performance in other activities whether it is a preferred sport or everyday life. With this safe yet challenging workout, you can enjoy a lifetime of fitness and activity.

WHY PILATES?

- Improves Core Strength
- Increases Flexibility
- Builds Long Lean Muscle
- Decreases Joint and Back Pain
- Improves Posture
- Corrects Muscle Imbalance
- Enhances Sports Performance
- Increases Body Awareness

Principles of Pilates:
1) Core Stabilization
2) Alignment & Posture
3) Breathing

ENGAGE the “POWERHOUSE”

**Pilates Exercises:**

- The Hundred
- Plank, Side Plank, Reverse Plank
- The Roll Up & Roll Down
- Basic & Frog Crunch
- Teaser
- Roll like a Ball
- Coccyx Lift
- Shoulder Bridge
- Single & Double Leg Stretch
- Side Series – Hip circles, Tendu, Clam, Elevated Clam, Adduction/Inner thigh lift, Elevated adduction, Side lying crunch, side lying double leg raise, Bicycle (forward and backwards)
- Piece of Heaven
- Bicycle crunch/abs
- Swan Push-up
- Relevee
- Plie squat
- Quadruped exercises – Fire Hydrant (up and down and then out and in/abduction and adduction), Alternating arm and leg balance, double tap abduction and adduction, single leg kicks, knee to elbow
- Superman
- Swimming
- Jackknife
- Corkscrew/Hip Circles (laying on back)
- The Saw
- Hip Flexor stretch
- Pilates push-up
- Spine Twist