

**Modern Pilates Classes** - £20 initial assessment and £48 per six week block of classes.

Whereas most forms of exercise build the body's stronger muscles, Modern Pilates Practitioners, with their clinical approach to the exercise form, teach exercises that work as much or more to strengthen the weaker muscles too. The result is a properly balanced body, with better joint mobility, a firm musculature, a good, natural posture and a calmer, more relaxed mind.



- A choice of 45 minute class times from early morning through to evening at the clinic.
- Maximum of 5 people per class to ensure quality, attentive tuition. Weekly take home exercises."

### What is Pilates?

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing. Pilates exercises at the clinic are done on a mat.

Pilates was developed by German-born Joseph Pilates, who believed mental and physical health were closely connected. His method was influenced by western forms of exercise, including gymnastics, boxing and Greco-Roman wrestling.

### Who is Pilates for?

Pilates has something to offer people of all ages and levels of ability and fitness, from beginners to elite athletes. Before starting any exercise programme, it's advisable to seek advice from your GP or a health professional if you have any health concerns, such as a health condition or an injury.

### What are the health benefits of Pilates?

There are many reports on the health benefits of Pilates. Regular Pilates practice can help improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension. For elite athletes, Pilates can complement their training by developing whole body strength and flexibility, and help reduce the risk of injury.



### Flexibility

Pilates helps improve flexibility and increase joint mobility.

### Stress

Pilates lowers stress levels and can improve mental clarity.

### Strength

Pilates is proven to increase strength and improve muscle tone safely and effectively.

### Posture

Pilates can improve your posture and help relieve chronic back pain.

