

PILATES



What is Pilates?

An innovative system of mind-body exercises evolved from the principles of Joseph Pilates.

What is a Pilates Reformer?

The Pilates Reformer consists of a carriage in a rectangular wooden platform. The carriage connects to springs; pulleys and ropes are attached to the frame. A person uses his or her own resistance in addition to the resistance provided by the machine's springs in order to tone the powerhouse.



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*Free your Mind, Body &
Spirit*

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More About Pilates Reformer...

**Build strength without” bulking up”
gain long lean muscles and flexibility.**

- Conventional workouts tend to build short, bulky muscles—the type most prone to injury. Pilates elongates and strengthens improving muscles elasticity and joint mobility and makes your body less prone to injury

**Develops strong core, flat abdominals
and a strong back.**

- *Pilates exercises develop a strong “core” or centre of the body—strengthening the deep abdominal muscles along with the muscles closest to the spine.

A refreshing mind/body workout.

- Pilates gets you in tune with your body. By emphasizing proper breathing, correct spinal and pelvic alignment, become acutely aware of how your body feels, where it is in space and how to control its movement.

Prices

Introductory Session - \$55.00

Private Reformer Session - \$50.00

Shared Reformer Session - \$25.00/person

Casual Shared Classes - \$30.00

