

THE PILATES REFORMER

Exercises that stimulate the mind and challenge the body...

What is Pilates?

A total body conditioning method that focuses on strengthening abdominals, low back and core musculature to improve body movement, balance and stabilization, and increase flexibility.

What is a Reformer?

The Pilates Reformer is an elite piece of exercise equipment developed by Joseph Pilates around WW1. Reformer exercises address the entire body from your core to your outer extremities by utilizing springs, cables, and a moving carriage. Exercises can be as simple or as challenging as you want/need them to be.

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- LOOK BETTER
 - FEEL BETTER
 - LOSE WEIGHT
 - ENHANCE YOUR PERFORMANCE IN DAILY ACTIVITIES
 - IMPROVED FLEXIBILITY
 - IMPROVED POSTURE
 - IMPROVED ATTITUDE
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How can I benefit from Pilates?

- Enhance your current exercise program alongside cardio and weight training.
- Everyday activities become easier to perform resulting in an overall better quality of life.
- Improve in sport specific activities.
- Reduce stress, fatigue, and joint discomfort from muscular imbalances.
- Continue exercises for rehabilitation after an injury (per physician approval)
- Develop a sense of self by becoming aware of how movement is an integrated pattern involving the nervous, muscular, and skeletal systems.
- Burn more calories by engaging stabilizing muscles while performing Reformer exercises.

Who is Pilates for?

Everyone!!! No matter your profession, background, or level of fitness, YOU can practice Pilates and experience the Pilates difference for yourself!

When will I see results?

This is the 10/20/30 Rule...

"After 10 sessions you will feel the difference, after 20 sessions you will see the difference, after 30 sessions you will have a whole new body!" –Joseph Pilates

How do I get started?

Call Carole Wood at 954-384-2582 ext.234 for more information or stop by the front desk to register for Private or Group sessions.