

# PILATES

**'In 10 sessions you will feel the difference, In 20 sessions you will see the difference, in 30 sessions you will have a new body'**

**.... Joseph Pilates**



## What is Pilates?

The **Pilates** method is an exercise program created to allow the body to be in its 'finest natural state'. It aims to undo the postural damage that our modern-day lives produce, thus building a healthier body, which is aligned allowing you to walk pain free with ease of movement.

## Who benefits?

**Pilates** is an excellent exercise program for people of all ages, fitness levels, gender, sizes and through all stages of life including pregnancy, rehabilitation etc. It has the ability to improve health and well being with a positive impact on everyday life.

**Pilates** is for everyone, from young to old, sedentary to athletic. It benefits people who are strong or weak, flexible or inflexible. It assists pregnant women; is great for rehabilitation from injury, and is often recommended by doctors, physical therapists and chiropractors. **Pilates** can be used as a complete fitness program as well as a supplement to other methods of fitness. It can be used as a tool to educate the body to have better posture, or to move in a more effective way.

Many dancers and athletes use **Pilates** to prevent injury and improve performance. It can also be effective in relieving chronic back and neck pain, and may be useful for those suffering from Arthritis. In addition, it can improve abdominal-muscle strength and posture. By engaging the mind and body, Pilates is also a known stress reliever.

## Benefits of Pilates

- ⌘ Increased core strength and stability
- ⌘ Longer, leaner and more flexible muscles
- ⌘ Improved posture and body awareness
- ⌘ Enhanced ease of movement and agility, particularly for the aged
- ⌘ Improved balance coordination and circulation
- ⌘ Enhance and compliment all other exercise and sporting pursuits
- ⌘ Reduces back pain
- ⌘ Many women find the abdominal work helpful pre, during and post pregnancy

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## What about the men?

The **Pilates** method was created by a man, Joseph Pilates, therefore we see that men find this exercise regime a huge benefit. Building muscle bulk and strength should be balanced with core strength and flexibility. Many sports teams find this combination essential including (AFL teams) Western Bulldogs, New Zealand All Blacks (Rugby), English Rugby and Cricket Team practice **Pilates**.

## What to bring

Your instructor will want to ensure that your body is moving with precision. Therefore appropriate comfortable clothing is recommended, as they will want to accurately observe your posture throughout the session. No footwear is required; we recommend that you bring a clean pair of socks, towel and water, should you need it. All necessary equipment will be provided.

## Venue

Banchory Grove,  
Cnr Bedingham Drive & Banchory Ave, Hillside

## Day

Tuesday evenings  
(Beginning: Tuesday 3<sup>rd</sup> Feb)

## Time

6.15 -7.00pm

## Cost

\$13 per casual session or \$11 for a block of 10 sessions, paid in advance. Above 13 years to senior citizens are welcome.

## Payment options

- Correct cash on the day *(no change facilities on premises)*
- Personal/company cheque on the day. *(made out to Jeanette Tatton)*
- Bank transfer to be made in advance
- Payment must be made prior to classes

### Contact:

Jeanette Tatton  
Certificate IV in Pilates Instruction (91121NSW)  
and Matwork Accreditation

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