

Mat Pilates Classes Starting Tuesday, February 16th!

The Benefits of Pilates (brief):

- Longer, leaner muscles (less bulk, more freedom of movement)
- Improves postural problems
- Increases core strength/stability and peripheral mobility
- Helps prevent injury
- Enhances functional fitness, ease of movement
- Balances strength & flexibility
- Heightens body awareness
- No-impact - easy on the joints
- Customized for everyone- from rehab patients to elite athletes
- Complements other methods of exercise
- Improves performance in sports (golf, tennis, skiing, baseball)
- Improves balance, coordination & circulation



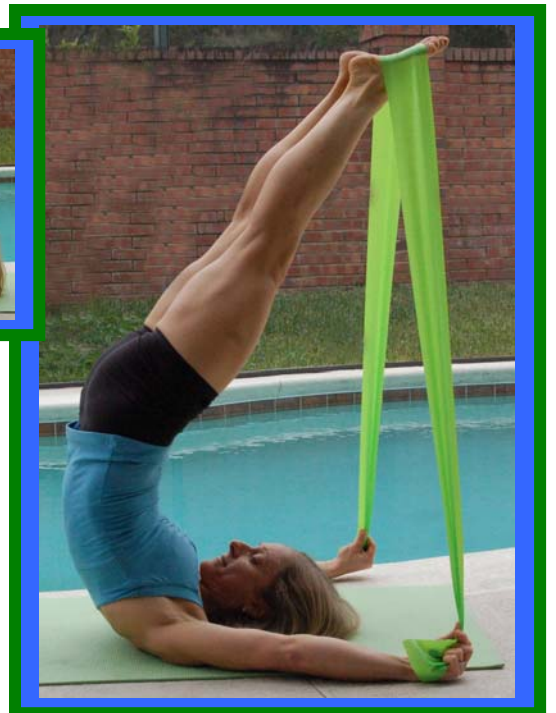
Develop Core Stability and Control

Pilates focuses on developing the deep stabilizing muscles of the torso and strengthening core abdominal and back around the spinal column. Pilates, a non-impact resistance exercise system, eliminates stress on your joints making this exercise method versatile, safe, and effective for all ages and fitness levels. Pilates helps you achieve optimal strength and flexibility simultaneously. The result: longer, leaner muscles without the bulk. Pilates improves not only your posture, but also your balance and quality of movement with focus on the role of the muscles of the torso in maintaining proper pelvic and spinal alignment. Your entire body will feel free of old tensions and capable of new challenges.



Protect yourself from Injury

Years of one type of fitness training or habitual movement patterns such as a "one-sided golf swing", can create muscular imbalances, even for professional athletes and dancers. Stronger muscles continually compensate for weaker muscles causing misalignments in the body and leaving the body more susceptible to injury. To realign the body and prevent injury, care must be taken to develop both the core muscles of the body responsible for proper alignment as well as those muscles particular to each individual which have become weak over the years.



Pilates IS a Workout! "In 10 sessions you will feel the difference, in 20 sessions you will see the difference, and in 30 sessions you'll have a whole new body."

Joseph H. Pilates

Classes will be held: Tuesdays and Thursdays 9:30-10:30am

Suzanne Barrett, STOTT PILATES® Trained Professional: 407-721-2560

Visit: TVFitnessPros.com for a complete group fitness schedule