

Stretch,
Strengthen
and Balance
the body



Pilates Class

A range of mainly mat-based exercises based on the work of Joseph Pilates. Predominantly working on the core stabilising muscles of the trunk, it incorporates smooth, controlled floor exercises. Our exercises combined with our breathing method ensures you are working at sub-maximal loading and maintaining control so that you are protecting and supporting the pelvic floor and other potential herniations. A stronger deep abdominal core means that you will have better muscle efficiencies and movements.

Pilates is ideal for improving overall well-being, injury rehabilitation and prevention, and is suited to augment gym or sports fitness programmes, it takes time and commitment. It would be classed as a resistance training rather than cardiovascular training.