

WHAT IS THE PILATES METHOD?

"The Pilates Method of Physical and Mental Conditioning" is a proven, acclaimed full body strengthening and conditioning program that has its origins date back to the 1920's.

The exercises are presented as a series of controlled movements emphasizing body alignment and correct breathing. The exercises use the abdomen, lower back, and buttock as a power centre, enabling the rest of the body to move freely.

Pilates is accessible to anyone; young or old or athletic, sedentary, or injured. The program is designed to improve strength, flexibility and muscle balance without building muscle bulk. Every aspect of a Pilates workout is pleasurable, because the movements are flowing. The exercise is non-impact; and the repetitions are individual - (do as many as you do well) as the mind and body work together to create more effective movement patterns. Completing a workout will leave you feeling refreshed, relaxed and energized. Training and practising the Pilates style of exercises helps to aid in preventing muscle and soft tissue injury.

The Pilates style Rehab classes at Fitness Physiotherapy are presented in three levels and can be introduced at early stages of Rehab. All classes are individualized and progressed as the participant is able. All classes can be attended regularly or more casually on a drop in basis. Home exercise programs are available to help with home practice.

REHABILITATION PILATES STYLE: LEVEL I - 1 HOUR

- Introduction to **Rehabilitation Pilates Style** mat exercises
- Early intervention rehabilitation exercises
- Limited to 6 people/ class \$22.00/class

REHABILITATION PILATES STYLE : LEVEL II - 1 1/4 HOUR

- **Rehabilitation Style Pilates** mat exercises
- Physical body building with concentration, breathing, and relaxation
- Must be proficient at Level I \$11.00/class

REHABILITATION PILATES STYLE: LEVEL III - 1 1/2 HOUR

- Intensive total body workout
- Ideal for those wanting an intense, non-impact workout that strengthens without the use of large weights
- If you haven't exercised in years, this is the class to start with. If you work out daily, this is the class you need to maintain your physical well being.
- Must be proficient at Level II \$11.00/class

<u>1997 EXERCISE CLASS TIMETABLE</u>						
Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	
	11-12 Stab II	11:30 -12:30 Ball Class		11-12 Pilates I	9-10 Pilates II	
	12-1:15 Pilates II	1:30-2:30 Func & Erg	12-1:15 Pilates III			
		5-6 Pilates I	5-6 Stab I or II			

*Note: Please see your Physiotherapist for further information or referral. All classes are taught by a licensed Physiotherapist. Fees are billable as physiotherapy, after appropriate authorization. Classes can be combined with other treatments, please pre-register.