

# Pilates



**Improve your core strength, flexibility & endurance without the use of heavy gym equipment.**

**Mat Pilates is a great way to learn, using gravity & your own body weight to create resistance.**



# Pilates >>> Benefits

Pilates is designed to improve your core strength & balances the muscles around the joints, improving the way your body functions, looks & feels.

Mat Pilates is a great way to learn & start practicing the Pilates Principles. We offer Beginners, Gentle, Intermediate & Advanced (Traditional) classes & limit the number of participants so that you receive the best attention, which ensures results are achieved **quickly**, in a **safe**, controlled & **sustainable** manner.

By practicing the Pilates method you will:

- Strengthen & condition muscles
- Increase core strength & stability
- Improve postural problems
- Develop longer, leaner muscles (less bulk)
- Improve balance, coordination & circulation
- Enhance functional fitness
- Balance strength & flexibility
- Heighten body awareness
- Complement all other forms of exercise
- Improve sporting performance & increase resistance to injury
- Alleviate pain & discomfort in the neck, back, hips & shoulders.

Pilates is also beneficial for people with injuries, weak muscles & particularly bad posture as it encourages you to strengthen your problem areas in a relaxed & low impact way. If you have low bone density or are pregnant please inform your Pilates Instructor.

At all times we will guide you, motivate you, & educate you so that getting & feeling fitter & healthier increases your quality of life & your confidence.

**Bookings essential.**

**No joining or membership fees apply.**

**For further information call 0411 779 005 or email: [info@lifeandmore.com.au](mailto:info@lifeandmore.com.au)**

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