



# Pilates

## WHY IT'S BENEFICIAL

Pilates is a method of exercise designed to improve physical strength (especially in the core), flexibility, posture, coordination, and mental awareness. Pilates emphasizes correct form in low-impact exercises, and is especially effective in these areas:

- Abdominals
- Obliques
- Lower back
- Thighs

## HOW IT WORKS

We offer 45-minute classes during which the Pilates exercises are conducted on yoga mats and potentially with additional props such as weights, foam rollers, exercise balls, Pilates rings, etc.

