

what is pilates?

Joseph Pilates developed a series of rehabilitation exercises focused on what he called the “powerhouse” of the body. Pilates exercises consist of a sequence of slow, rhythmic movements, emphasizing body control and breathing. As you develop body awareness and torso strength, increased coordination and control occurs.

Created over 80 years ago, this popular physical conditioning routine builds flexibility, strength, endurance, and coordination. The core stabilization programs and movement principles are appropriate for all types of clients and patients.

BENEFITS OF PILATES:

- Increase overall strength and flexibility
- Improve postural alignment, breathing, balance and movement efficiency
- Prevent injuries and osteoporosis
- Balance the body by strengthening weak muscles and lengthening short muscles through movement and exercises
- Coordinate mind, body and breath to develop functionally strong abdominal muscles, a strong back, and a properly aligned shoulder girdle
- Work deep, intrinsic, supporting muscles
- Target the muscles of the “powerhouse” (shoulder girdle, deep abdominals, buttocks, inner thigh and lower back muscles)

PEOPLE OF ALL AGES AND FITNESS LEVELS CAN PRACTICE PILATES. MANY SPORTS AND CELEBRITY ICONS PRACTICE PILATES, AND PHYSICAL THERAPISTS USE PILATES AS A MEANS OF REHABILITATION.

get a new body with pilates

We offer group Mat Pilates, private and group Reformer Pilates and a 4-week group Reformer Pilates session.

10-class punch card is available for Mat Pilates; this does not expire and is non-refundable.

Advance registration is necessary for the 4-week session in order to plan the class; drop-in available if the class only has 2 or 3 people.

For more information, to sign up for a free demo or register for a class, inquire at the fitness desk or call 952.381.3378.



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REFORMERS + MAT PILATES
strength | flexibility | endurance | balance



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how often should i train?

You'll make optimal progress by attending two or more sessions per week. You may want to start with one session per week and add additional sessions for quicker results.

Group Reformer classes are limited to 4 students, allowing specialized fitness training. These classes are small group personal training sessions and are scheduled and choreographed with the specific students in mind. The extra fee is due to the personalized attention given in the small group setting.

Our Pilates classes will leave you feeling refreshed, energized and deeply connected to your body and mind. Participants are encouraged to take private and group equipment classes.

why practice pilates on a reformer?

The Reformer enables you to perform movements in a gravity-reduced environment, which allows you to isolate core muscles and overcome physical limitations. Instead of using weights, the Reformer uses spring resistance, which can be adjusted for individuals with a broad spectrum of fitness levels, injuries, and technical proficiencies. The Reformer also utilizes straps and platforms where you lie, sit, kneel or stand, allowing you to work from your core. The Reformer allows the certified Pilates trainer to adjust movements to maximize benefits, as well as change the program to keep you challenged.

In 10 sessions you'll FEEL the difference, in 20 sessions you'll SEE the difference and in 30 sessions you'll HAVE A NEW BODY.

—Joseph Pilates

CHECK OUR GROUP EXERCISE SCHEDULE FOR THE MOST CURRENT CLASS OFFERINGS.

what is mat pilates?

Mat Pilates provides a foundation for building core strength, stability and flexibility. Many of the same exercises practiced on the reformer are done on a mat with and without small apparatus such as the ring.

