



Mind Body Balance
Your Global Fitness And Well-Being Studio

What is Classical Pilates?

What is the history of Pilates?

What is Classical Pilates?

- Pilate's is a method of physical movement and exercise designed to stretch, strengthen and balance the body.
- Classical Pilate's has a systematic practice of specific exercises with focused breathing patterns.
- Pilate's is invaluable, not only as a fitness regimen, but is also an important component to professional sports training and physical rehabilitation.
- Pilates is a mind-body exercise technique which produces many benefits if practiced 2-3 times weekly in 55 minute sessions.
- Pilates teaches balance & control of the body and this capacity spills

over into other areas of one's life.

- Classically trained Pilate's teachers are dedicated to maintaining the original integrity of Joseph's work.

What is the History of Pilates?

Pilates is an exercise system that was developed by Joseph Hubertus Pilates. Joseph was sick as a child suffering from such things as asthma, rickets and rheumatic fever. The desire to be healthy started his fascination with the body which later led to the Pilate's method or "contrology." He overcame his limitations through exercise, body building, and his studies of Eastern, Greek and Roman physical regimens. At the age of 86 Joseph once said "I must be right. Never an aspirin; Never injured a day in my life; the whole country; the whole world should be doing my exercises.

They'd be happier." Joseph was a performer and boxer who lived in England at the outbreak of WWI and emigrated to the U.S. in 1926 where he married his wife Clara. Together they opened a fitness studio in New York sharing an address with the New York City Ballet. He trained clients until his death in 1967 at the age of 87. Today millions of Americans practice Pilates' and the numbers continue to grow.

Top 10 Benefits of Pilates!

- 1) Enhance Motor Control
- 2) Improve Balance and Core Strength
- 3) Experience Positive Body Awareness
- 4) Increase Lung Capacity
- 5) Joint Health Improvement
- 6) Improve Posture & Reshape Your Body
- 7) Move with Quality
- 8) Increase Coordination
- 9) Improve Strength & Flexibility
- 10) Look Better Naked!