

Pilates

What is Pilates?

Pilates is a physical fitness system that was developed in the early 20th century by Joseph Pilates as an exercise program for injured dancers. It has a particular emphasis on core strength and stability, but it also strengthens the whole body and so improves general fitness and overall wellbeing.

How does Pilates work?

Pilates considers the torso as the area between your shoulders and your pelvis, and uses the principle that the core is the 'powerhouse of the body'.

Pilates uses correct alignment, centreing, concentration, control, precision, breathing, and flowing movement. The focus of Pilates is to use fewer movements rather than lots of repetitions, but these movements are very precise and require lots of control and technique.

What are the main benefits of Pilates?

Pilates classes build strength, flexibility and lean muscle tone with an emphasis on lengthening the body and aligning the spine.

Joseph Pilates also believed that physical and mental health were closely connected and you are encouraged to be constantly aware of your breathing and the way your body moves. It's not the type of workout that will leave you tired and sweaty, but you should experience increased energy levels and a clear, focussed mind through having a body that feels strong and centred.

In Pilates the chance of injury is much lower than with other more strenuous forms of exercise.

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What's the difference between Mat Pilates and Reformer Pilates?

A Pilates mat class involves doing the various exercises mostly on a mat and uses gravity and the weight of your own body to help increase both strength and stamina. It may also use equipment such as hand weights, stretch bands and foam rollers.

Reformer Pilates uses specially designed Pilates equipment and can be particularly useful if you have an injury. Reformer Pilates classes are often conducted by physiotherapists or osteopaths and are usually done in specialist studios as the equipment is not portable.

What's the difference between Yoga and Pilates?

Pilates is similar to yoga asana in that it concentrates on posture, balance and flexibility, and many of the movements are shared between the two disciplines. They both also focus on the mind-body connection. They differ in that Yoga has more of a focus on spiritual wellbeing and often contains a more relaxing movement practice, while Pilates is more of a physical practice.

Can anyone do Pilates?

Pilates is suitable both for beginners and for people who already exercise regularly because it can be modified to provide either a gentle strength training program or a more challenging workout.

It is always recommended to check with your health professional if you haven't exercised for a while, are older or pregnant, or have health problems, particularly if you experience:

- Unstable blood pressure
- A herniated disk
- Severe osteoporosis
- A risk of blood clots

How do I enrol

Call us on 9722 8942 or email us at info@yarrunga.org.au.