

...when will

YOU
need a **STRONG**
CORE?



WHAT IS PILATES?

Pilates is mat based exercise, performed using precise movements and breathing techniques to build a strong and flexible body. It is a mind and body conditioning programme that targets the deep postural muscles of the abdomen to improve your core stability and posture. It makes you feel great!

Pilates suits people of all ages and fitness levels and is particularly beneficial for those with back pain, arthritis, poor posture, recovering from injury and before and after pregnancy.

BuryPhysio

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WHATS A PILATES CLASS LIKE?

Bury Physio pilates classes are taught by qualified physiotherapists. You work in a small group with a maximum of 12 people. This allows for individual attention and advice regarding posture and exercise for each participant throughout the class.

Each class is 60 minutes. The first 10-15 minutes involves standing to do warm up exercises. These work on posture, breathing, balance and strengthening the abdominal muscles. The next 40-45 minutes are performed on the mat, in sitting, kneeling, all fours and lying on your tummy, side and back. The class ends with 5 minutes of relaxation to allow you to become aware of how to release body tension and enjoy some time to reflect and to be calm.

We supply all equipment for our classes – mats, spiky balls, sitting blocks and theraband.

1-1 PRIVATE PILATE SESSIONS

Private Pilate sessions are 60 minute sessions and are a great way to learn the basics. Prior to a private Pilate session, the physio will run through a health questionnaire and brief assessment to ensure that you get the most out of your time and that all your needs and goals are met.