



Pilates at the Mardyke

Using controlled and fluid movements Pilates develops the body uniformly. It corrects posture, restores physical vitality, invigorates the mind and elevates the spirit. Pilates safely deliver optimal strength, flexibility and endurance, without adding bulk.

What are the benefits of pilates?

- longer, leaner muscles (less bulk, more freedom of movement)
- improves postural problems
- increases core strength, stability and peripheral mobility
- helps prevent injury
- enhances functional fitness, ease of movement
- balances strength & flexibility
- heightens body awareness
- no-impact, easy on the joints
- can be customized to suit everyone from rehab patients to elite athletes
- complements other methods of exercise
- improves performance in sports (golf, skiing, skating etc.)
- improves balance, coordination & circulation

Course Descriptions

Pilates Beginner

A comprehensive 6 week introductory course teaching the essential pilates mat work repertoire. This will safely teach you the basic exercises and help you to understand how pilates works and how it can make a difference to you.

Pilates Mixed level

A 6 week course of pilates that is suitable for all levels, from those with Pilates experience to a complete beginner. Expect to go through the essential and intermediate level floor exercises during this course. Ideal for those who wish to progress at their own pace.

Pilates Improver

This course is for those who have already completed at least one beginner or mixed pilates course at the Mardyke. Your instructor will safely lead you through the more intermediate and advanced Pilates repertoire.