



## 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
- complements other methods of exercise

### Course Descriptions

#### 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.

#### Power Pilates

This course is for those who have already completed at least one beginner or mixed Pilates course at the Mardyke. Power Pilates is a unique fusion of Pilates based exercises and body weight strength training. Your instructor will safely lead you through the more intermediate and advanced Pilates repertoire.