

Pilates

Pilates is about moving, breathing and putting action back in your life. Pilates flows through a series of movements that are dynamic, systematic, anatomically-based and that incorporate resistance equipment. The goal of Pilates exercise is to strengthen the postural muscles while achieving functional fitness and freedom of movement.

How can Pilates benefit you?

- Longer, leaner body
- Better posture
- Higher energy levels
- Increased coordination
- Improved balance
- Improved flexibility
- Increased strength



History of Pilates

Joseph Pilates was born in 1883 in Germany. Because he suffered many ailments and sicknesses as a child, he decided to focus his life on improving his physical strength and well-being. He began to study yoga and gymnastics and eventually achieved some success in boxing and diving as well.

While in an internment camp during WWI, Joseph Pilates came in contact with many soldiers who had suffered from various injuries during and following the war. Pilates spent this time teaching other people in camp his exercises. He developed his exercise equipment devised of spring mechanisms attached to hospital beds to create resistance exercises for bedridden patients. He focused on the core postural muscles which support the spine as well as help keep the body balanced.

In 1920, Pilates moved to New York City with his wife Clara and opened his own studio that was widely used by dancers, boxers and other professional athletes.