

The Studio Scoop

BODY BALANCE OPENS ITS NEW STUDIO —PILATES ON MAIN

Body Balance
was incorporated

November 2008

in 1999 and opened its first Pilates Studio in 2003. And now, in 2008, the Pilates Studio is moving to a larger, more accommodating location under the name of Pilates on Main.



WHY PILATES ON MAIN?

Pilates on Main aims to create a positive, non-intimidating environment in which the clients' individual concerns are heard and addressed. Whether the client is a competitive triathlete, busy executive, or confirmed spectator, Pilates on Main's fully certified instructors help them by designing a personal fitness program that meets the needs and budget of the client. The clarity and excellence of Pilates on Main's instructors allow for an enjoyable learning experience – and therefore an easier time attaining results.

Weekly Schedule

Time	Mon	Tues	Wed	Thurs	Fri
7:30	Private	Private	Private	Private	Private
8:00					
8:30	Private	Private	Private	Private	Private
9:00	Mat/Tower			Mat/Tower	
9:30		Mat/Tower	Mat/Tower		Mat/Tower
10:00					
10:30	Private	Private	Private	Private	Private
11:00					
11:30		Mat/Tower		Mat/Tower	
12:15	Mini		Mini		Mini
12:30		Private		Private	
1:00					
1:30	Private	Private	Private	Private	Private
2:00					
2:30	Private	Chair	Private	Chair	
3:00					
3:30	Private	Private	Private	Private	
4:00					
4:30		Private		Private	
5:10	Boot Camp		Boot Camp		
5:20		Mat Class		Mat Class	

TRY THIS EXERCISE AT HOME...

Half Roll Down

Set up:

- Knees bent, feet on floor, hands behind thighs (keep hands there throughout), legs hug midline.

Action:

- Inhale: Roll back one vertebra at a time until the arms straighten.
- Exhale: Sequentially roll back up while maintaining "C-Curve" of the spine.

Complete 10 times.

Key Notes:

Hug Midline
Shoulder blades on back
Head part of stretch forward
Stretch low back