

The Studio Scoop

Feel Great in '08

It's a new year and the resolutions are in abundance. How about this year, commit to bringing more balance to your life and include the mind-body exercise system of Pilates (puh-LAH-teez).

So, just what is Pilates?

Pilates is a Unique Method of Exercise developed by Joseph Pilates in the 1920s. It was originally used as a rehabilitation program for prisoners of war and was later found to be of great benefit to anyone seeking a higher level of fitness.

BODY BALANCE PILATES STUDIO...

Who are we and what are we about?

Pilates is a scientific and detailed system of exercise. It is essential that you begin learning from a Pilates instructor who really understands and communicates the basics well.

At Body Balance, our instructors are certified through Power Pilates. In business since 1999. We take pride in creating workouts for the individual client's needs. All exercises are developed with modifications, if required, making a workout safe and challenging for the person at any level. Indeed, one of the best things about the Pilates method is that it works so well for a wide range of people.

January 2008



Pilates Mat Class

2008 INTRODUCTORY OFFER

**8 PRIVATE SESSIONS FOR
JUST \$248**

**8 DUET SESSIONS FOR JUST
\$208 EACH**

**(MUST BE USED WITHIN 4 WEEKS
OF 1ST SESSION)**

CALL 680-7163 TO SCHEDULE

OFFER EXPIRES June 30, 2008

CURRENT CLASSES:

Mat Classes now being held Wednesdays at Inner Light Yoga Center in Hurricane, Utah from 5:45—6:45 p.m.

Mat Classes will begin on Tuesdays, February 5, 2008 at Plant World in St. George, UT from 6:00—7:00 p.m.

For More Information, call Sue @ 680-7163



Attending Your First Pilates Class

So, what should you bring? What should you wear?

You won't need to bring much with you to the Pilates studio. The studio usually provides any equipment that might be needed for the workout.

Pilates is usually done barefoot, so no fancy footwear needed! There are a few things to consider when you dress for a Pilates workout.

First, make sure your clothes give enough to let you move and stretch fully. Your instructor will need to be able to see your body well enough to see the alignment of your bones and how your muscles are engaging, so while loose is OK, baggy is not. You will also want to avoid baggy clothes because some Pilates exercises could be a bit revealing if your clothes are too loose.

That's it! Enjoy!

Questions or Comments?

E-mail us at sue@bodybalancebysue.com or call 435-680-7163.