

How pilates can build core fitness

In 10 sessions of ugi ball pilates you will feel better.

20 sessions you look better, 30 sessions you have a completely new body. Physical fitness is the first requisite of happiness.

Functional fitness and functional exercises focus on building a body capable of doing real-life activities in real-life positions, not just lifting a certain amount of weight in an idealized posture created by a gym machine.

Making Muscles Work Together

“Conventional weight training isolates muscle groups, but it doesn’t teach the muscle groups you’re isolating to work with others.

“The key to functional exercise is integration. It’s about teaching all the muscles to work together rather than isolating them to work independently.”

These classes that I run, are pilates based functional fitness classes. You will meet a great crew of people, have fun and get fit all in a one hour session.

You will improve your core stability, your strength, your balance, your flexibility and your cardio fitness. You can join a 1 hour group class, or perhaps you would like to have me all to yourself and work with your individual needs and goals, or build your own group with your friends.

Feel muscles you never knew existed, perform exercises that challenge you mentally and physically. You will never be bored, no 2 classes are ever the same. Good prices and deals.

But the best deal is this one... Mention this ad a get your first class free. Call Janette on 0418923029 to express your interest and get more info.

Rise to the challenge. I dare you.

Contacts

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