

Eliminate lower back pain, condition for sports, recondition from hours of sitting; just a few of the reasons the proper use of Pilates Equipment and Pilates Equipment classes are so effective. In the past decade, the general public has flocked to Pilates Equipment workouts because it is a challenging yet gentle workout for the whole body. The Pilates Equipment Class offers a refreshing change from more traditional types of exercise. You become stronger, more flexible, and rejuvenated WITHOUT jarring or straining your body in the process.

The Pilates Equipment Class proves to be one of the most effective and challenging ways of developing core strength and stability. A strong core, which generally refers to the muscles of the abdomen, back and glutes, enhances overall athletic ability and daily function. A strong core makes you less vulnerable to injury and improves your posture. Living Well Pilates in Oakville offers equipment/reformer classes for mornings, afternoons and evenings.

Regular usage of the Pilates equipment, with their many attachments increase the range of modifications that can be made to the exercises, and allow additional exercises beyond what can be done on a mat. This capability, combined with the support afforded by the resistance the machine provides, allows people with limited range of movement or injuries to safely do modified exercises.

Maybe you have had a less than great experience with a Pilates class? Were the classes held in a school or church basement? In the same room as the day care is held earlier in the day? Perhaps it was held in a gym that smelled like a locker room after a racquetball tournament? These types of atmosphere are not the best for you to focus on your mind-body awareness. Choose a clean, spotless studio where you are provided clean mats and machines and a clean white towel for each class. It is advisable to work with a Pilates instructor who has in-depth knowledge of body movement and anatomy.

Two comments we hear when we speak with people about Pilates are 1) I have never felt better and 2) Pilates are some of the hardest exercise I have ever done! The statement that Pilates is hard is heard from all fitness levels. Our comment is always a return question, "What do YOU mean Pilates is hard?" The reasons people find Pilates hard are

diverse and need to be assessed to ensure they are benefitting from and progressing in their movements.

Everyone needs to have strong specific neurological signals between the muscles and brain for accurate movement. The pattering, or how the muscles interact in timing with each other, needs to be in the proper firing order. The soft connective tissues of the body need to be balanced in the “rest position” (neutral).

**Take advantage of Living Well Pilates Free Introductory Session on all of the Pilates Equipment Now. There are over twelve million people doing Pilates in North America. Come join the fun!**