RX Pilates Fitness & Exercise Studio

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What is Pilates?The Pilates Method is a unique non-impact form of body conditioning exercise which strengthens core postural muscles and develops proper body alignment. This is achieved through working with the Pilates principles of concentration, centering, control, precision, flow of movement and specific breathing techniques.The core postural muscles, from which all body movement evolves, comprise of the abdominal, lower back and pelvic floor muscles. From a strong core, you work your body with integrated movement, connecting all the weaker parts to your core, thus strengthening the whole body.Benefits:• physical and mental strength and stability
• balance and coordination
• increased flexibility
• increased muscular tone without bulking up
• increased muscular endurance
• improved posture and alignment
• enhanced athletic performance
• relief from stress
• increased immunity
• increased energy level
• heightened body awareness
• reduced chronic back pain
• reduced joint impact
• prevention of injury
• speedy recovery from injury, surgery and post-natal
• increased self-confidence and concentration

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