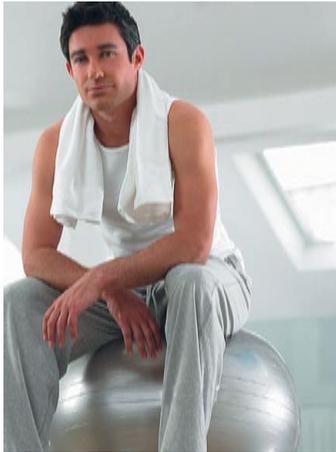


Tatura Absolute Training Studio

Tatura Absolute Training Studio is passionate about health, fitness & wellbeing, plus the benefits you achieve through exercise.

With a Studio Setting we are dedicated to assist with your goals in a welcoming environment.



Class Enrolment

For all your enquires and bookings please contact Tatura Absolute Training Studio on **5824 2884**.

Bookings are essential.

Program sessions are limited to 4-8 people offering a personal approach.

Payment required prior to each session.



Pilates



**68a Casey Street
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What is Pilates?

Founded by Joseph Pilates in the early 1900's, he was a man ahead of his time in health and fitness. His method offered a path to total health and wellbeing. He believed in a holistic approach incorporating body, mind and spirit.

Pilates is a form of conditioning program. Not only does it address physical fitness in strength, range of motion and endurance, it also promotes balance, flexibility, controlled movement, core stabilization, coordination and postural awareness.

Pilates Principles

Pilates Principles are guidelines that teach us how to execute movement in a way that uses the Pilates Method. Correct breathing and controlled movements will help build a strong body from the inside out.

Over time the Pilates Principles have been modified and developed to meet the needs of clients.

The Three Main Styles of Pilates Include:

- 1. Traditional** Controlled repertoire.
- 2. Contemporary** Modified for any fitness level.
- 3. Athletic/Clinical** The "building blocks" of Traditional and Contemporary Pilates. A workout schedule to improve, rehabilitate and maintain general health and fitness.

*A method recommended by health professionals.

Four Core Principles

1. Breathing

Performing "lateral thoracic breathing" facilitating deep core muscle activation of the pelvic floor, abdominals and lower back.

2. Core Connection

Activating specific muscles in the torso and pelvis to create strong controlled movement, maintain rib cage placement and avoid arching of the back.

3. Alignment

Being in good body alignment and ensuring correct head and cervical placement in line with the spine and maintaining shoulder stabilization, bringing the body back into better balance.

4. Concentration

To be focused, aware and be "in" the frame of mind. Total Relaxation through shoulders and neck.



Is Pilates for everyone?

Yes. But, not everyone will relate to the Pilates approach, and for certain training goals it may not be the most effective choice.

Pilates does not cure or bring about miraculous changes immediately. Change takes time, commitment and discipline.

Benefits of Pilates

- Corrects posture and alignment
- Teaches correct muscle activation
- Improves balance and proprioception
- Heightens body awareness
- Enhances body control
- Focuses on breathing and its related physical and psychological benefits
- Offers a vehicle for concentration and focus
- Promotes relaxation and the release of tension
- Benefits pregnant women by providing a safe, effective, nonimpact exercise activity
- Serves as cross-training for athletic pursuits and daily activities
- Provides a path to inner harmony through a finely tuned body