

Pilates for Back Support? Tell me more!

**Have you been avoiding Pilates because it sounds foreign?
Are you wondering what type of workout it is?**

Now is the Time to Learn about It!

- Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment
- Pilates improves your flexibility and mobility
- Pilates strengthens and stabilizes your core muscles so that you can move efficiently
- Pilates was designed by a man named Joseph Pilates!



What Are Core Muscles? Why Are They Important?

- Core muscles are deep and hidden underneath the six-pack abs everyone talks about while enjoying the beach!
- The deep core muscles are the true support for your back
- The stronger the stability (core), the better the mobility (back)
- With better mobility and stability, the risk of falls reduces



What Kind of Exercises are done in the class?

- Some of exercises include swimming, toe tapping and single leg stretching
- Keep in mind that all exercises can be modified and the instructor will help you find the best modification that works for you

Are You Wondering If You Can Do Pilates When You Are 70 Years Old?

- If you can come to the gym and use the equipment, you can do Pilates whether you are 60, 70 or 80+ years old!
- The class offered at the “Pip” Moyer Recreation Center is for the beginners and the instructor will guide you through the moves (securely and safely)
- All you need for the class is a mat (thicker ones are better). Socks are optional.



***Beginner Pilates is held Thursday mornings
8:15 to 9 am in Studio A, led by Beth Ross***



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