

PILATES NEWSLETTER Spring 2010

Pilates for Men

It might surprise you that Pilates was originally created for men.

Pilates was designed by a German born gymnast and boxer named Joseph Pilates. His exercise system emphasized the development of the core muscle groups (the spine, abdominals, hips and lower back). Many famous male professional athletes, such as Tiger Woods (professional golfer), Jason Kidd (NBA basketball star), Curt Schilling (MLB pitcher) and Ruben Brown (NFL offensive lineman), have added Pilates to their training programs, in order to enhance their strength, coordination and flexibility by developing these core muscle areas.



MEN ON MACHINES

Tues. and Thurs. at 4pm With Kelly Ayre Starting March 2nd 16 Sessions \$360.00 plus tax

Whether you are seeking sport conditioning or a varied strength training routine – this workout will satisfy your needs for stamina, mobility and coordination in one hour! You will develop well-defined abs and total body musculature while improving balance and agility.

PILATES FOR GOLFERS

Mon. & Wed. at 5pm With Debby Pietraszek Starting March 8th 14 sessions \$196.00 plus tax

This class builds strength while increasing stability, balance and core strength all key ingredients to improving your game!

DO YOU WANT TO LEARN THE FOUNDATIONS OF STOTT PILATES?

Join a Foundations class!

Please call or email for new upcoming beginner classes. Great deals if you sign up for an 8 week session of foundation classes. Your first class is **FREE!**

YOGA FLOW

Monday & Friday's at 9am

With Sarah Oliver
Improve strength and flexibility, decrease stress, and enhance body awareness.

RESTORATIVE YOGA Monday's & Friday's at 10am

With Sarah Öliver

A gentle yoga class focused on stretching, realignment of overused muscles and stress reduction, participants recovering from injuries are welcome.

THERAPEUTIC YOGA

With Jessica LeGarff

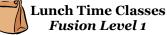
Wednesdays at 9am Friday's at 6pm

Therapeutic Yoga blends traditional yoga poses, breath work and meditation with therapeutic exercise. Therapeutic Yoga aims to relieve pain, improve flexibility and function, enhance strength and facilitate relaxation

FUSION

Get ready to sweat!

With Kim Wilson
A combination of Yoga & Pilates
Increase endurance and enhance
flexibility.



Tuesdays and Thursdays At 12noon

Fusion Level 2

Thursdays At 10am

CAN'T FIND A TIME THAT WORKS?

Create a class with some friends. Call or email for available times and instructors!

WEEKDAYS DON'T WORK?

Join our Saturday Classes
Rotation Instruction

PUNCH CARDS Are you finding it hard to commit to a regular class?

Purchase a Punch card! You can buy 5 to 8 classes in either the Reformer Combo classes or the Core/Fusion/Yoga Classes with a 6 months expiry

DATES FOR SESSIONS

March 1st to April 24th April 26th to June 26th

HOLIDAYS Studio Closed

April 2nd May 24th

THANK YOU to all our

Shelbourne Pilates friends for your dedication and support to our studio.

Aren Hurl
Pilates/Rehabilitation Program
Coordinator
Shelbourne Physiotherapy
PHONE 250-598-9828
FAX 250-598-9588
pilates@shelbournephysio.ca
www.shelbournephysio.ca

JOIN OUR FACEBOOK PAGE



Any Suggestions or feedback please call or email your tips!