



# Shelbourne

## PHYSICAL THERAPY

Health Solutions



# 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 Oliver**

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.



## Lunch Time Classes

**Fusion Level 1**

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.

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please call or email your tips!**