



New: Pilates Mat & Apparatus Class

Welcome to our new Pilates Mat & Apparatuses class! Whether you're a beginner or experienced practitioner, our goal is to guide you through the principles of the **Classical Pilates Method** and help you master movements both on the mat and with various apparatuses.

Class Overview:

In this class of **only** 3 participants we will delve into the fundamentals of the Pilates Method, focusing on core principles such as breath, control, centering, coordination, and flow. Understanding this is key to mastering Pilates and reaping its numerous benefits.



Mat Exercises:

They are the foundation of Pilates practice and target core muscles, improve flexibility, and enhance overall body strength and posture. You will discover how to execute the control of proper alignment in each movement.



Apparatus Training:

We will progress with Pilates apparatuses as our studio features state-of-the-art equipment such as Reformers, Wunda Chairs, and Tower Units. Each apparatus offers unique resistance and support, allowing for a deeper understanding of Pilates movements and facilitating targeted muscle engagement.



Benefits of Regular Attendance:

Consistency is key to experiencing the full benefits of Pilates. We encourage you to attend regular sessions to refine your technique, and enhance your overall fitness level. You will notice improvements in strength, flexibility, posture, and mind-body awareness.



How to Join:

Sign up for our class through our website www.mybodycontrol.ch and reserve your spot today.

When: Beginning Tuesday 03.09.2024 weekly

Where: Jungfraustrasse 8, 3613 Steffisburg

Time: 10:00 bis 11:00

Costs: CHF 45.00 per class 5er Abo CHF 220.00