



Stretch

Stabilize

Strength

## **CardioPilates**

### **Pilates with a difference!**

**Step it up a notch and get more calorie burning cardiovascular Fitness from every workout!**

#### **What is it?**

**CardioPilates** is an invigorating fusion of classic Pilates moves, strength training using dumbbells, bodybars and Swiss Balls alongside a fat-burning interval training programme using spinning bikes or the rebounder trampoline. **CardioPilates** revs up calorie burning and improves your cardiovascular fitness whilst also giving you the strengthening and body shaping benefits that have made Pilates one of the most popular and effective forms of exercise today.

#### **What to expect!**

Starting with a 20 minute cardio-vascular session, you will experience the invigorating benefits of 'peak performance' interval training. Short 30 second bursts of high-intensity training with a 90 second recovery period; this form of training has been shown to be highly effective at enhancing the body's calorie-burning capacity and is also one of the best ways to condition your heart.

Then follows a carefully planned sequence of functional exercises using the Swiss Balls, dumbbells and bodybars. These are all performed with perfect posture, alignment and core stability under the watchful eye of Liz! The aim in **CardioPilates** is to provide an energising and fun total body strength session that will leave you feeling that you have worked every part of your body!



**Pilates principles are applied throughout the whole class.**

**Continued...**

## Who is it for?

**CardioPilates** is ideal for those who:

- Want to combine weight loss with Pilates
- Want to improve cardiovascular fitness without spending hours in the gym
- Would like to train to a higher level
- Would like a new and invigorating challenge
- Would like to feel stronger and more supple in their daily life

This class is for those of you who have practised Pilates before or who are used to exercising in the gym or in circuit classes...this is not a beginner class!



## Results and benefits!

You will quickly see improvements in your aerobic fitness and stamina. In addition, you will improve your posture; you will stand taller and straighter, your physique will become leaner and more toned. And last, but by no means least, you will burn more calories whilst having fun!

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**CardioPilates** is the **Ultimate** exercise class.

**Train Smarter not Harder**

**...the Pilates Way!**

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