



Stretch

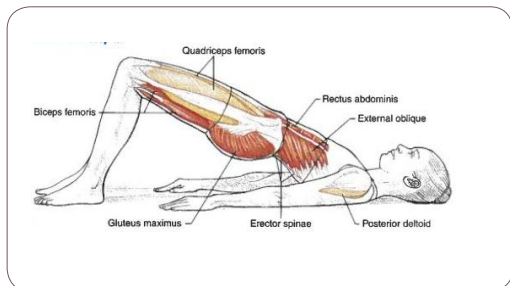
Stabilize

Strength

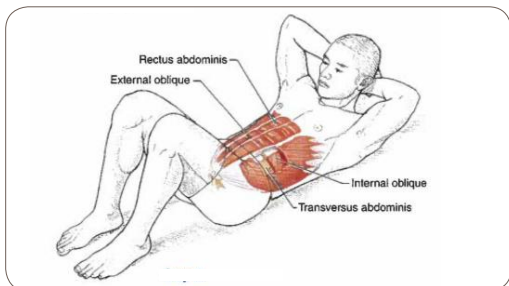
Pilates . . . Muscle Group Focus

Focus your mind... exercise your body... educate your muscles.

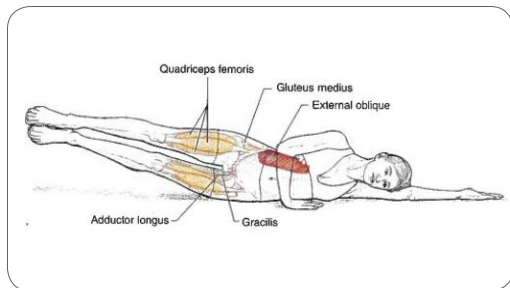
A selection of our regular Pilates moves showing the target muscles that we are challenging!



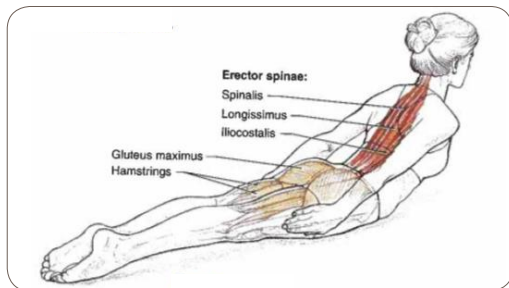
Shoulder Bridge



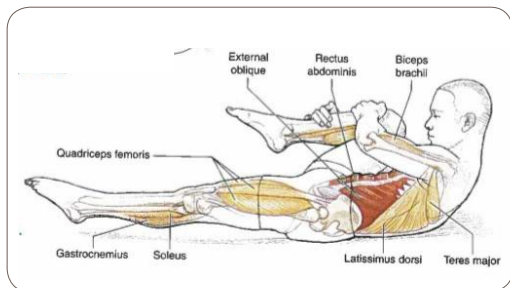
Abdo Prep



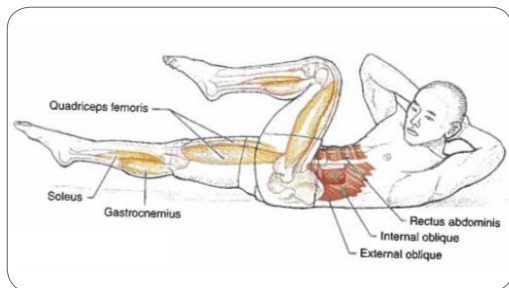
Double Leg Lift



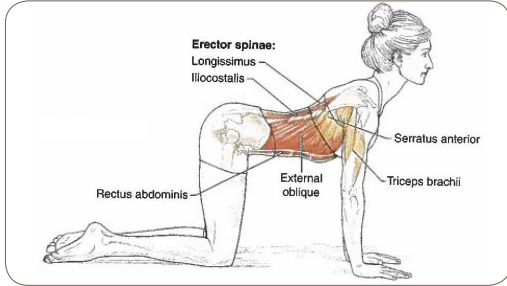
The Dart



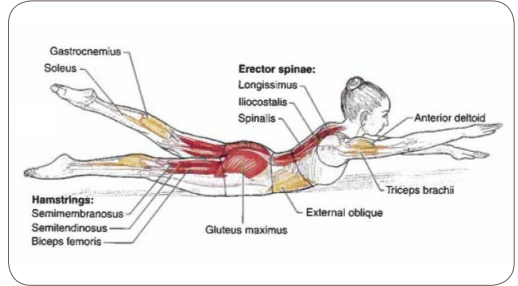
One Leg Stretch



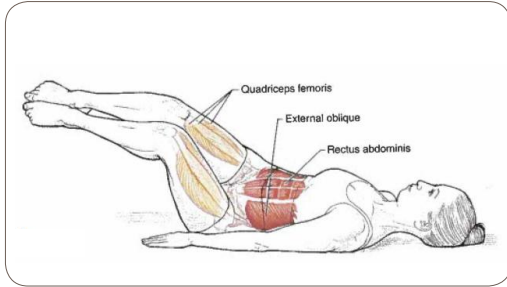
Criss Cross



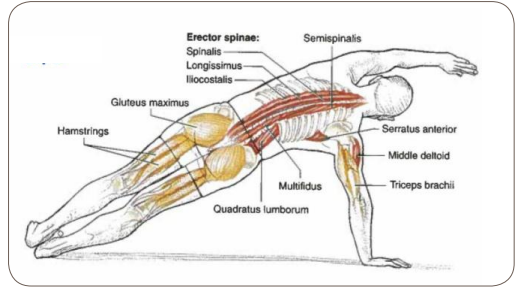
Cat Stretch



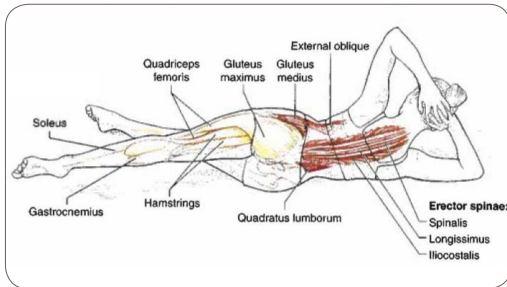
Swimming



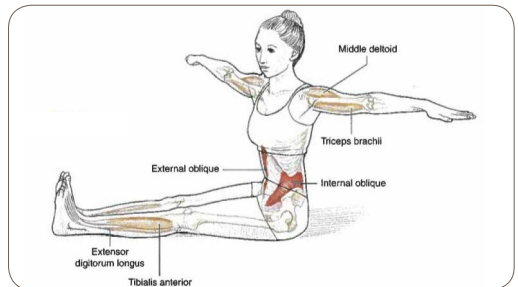
Hip Twist



Side Bend



Side Kick



Spine Twist

Pilates

"The attainment and maintenance of a uniformly developed body, with a sound mind, fully capable of naturally, easily and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure" **Joseph Pilates**

Embrace your Pilates as a Way of Life!



Pilates for life
with elizabeth marks