

Pilates

Instructor: Débra

Pilates is one of the best forms of exercise for overall conditioning, toning and relaxation. Based on a combination of yoga, mediation, martial arts and other fitness disciplines this form of workout pioneered by Joseph Pilates in the 1920's was quickly adopted by superior ballet schools and Olympic level athletes as their workout of choice.

If you are a social person then choosing a Pilates class is a very good idea. Not only will you be able to benefit from the exercise but it will give you a chance to meet like-minded people who can help to motivate you and push you to go further in your training.

