



## REFORM & RESTORE

PILATES &  
ASSISTED STRETCH



### A Studio Update

WELCOME TO OUR MONTHLY NEWSLETTER

## Group Reformer Coming to Medina

We are excited to announce that we will be opening a Reformer Studio for small group training in Medina, Ohio. The Allegro 2 Reformer is a beautiful piece of equipment that is central to the practice of Reformer Pilates. Equipped with an intricate system of springs, straps, and pulleys, this apparatus is a conduit to a diverse array of exercises. The reformer's adjustable springs introduce progressive resistance, fostering muscle lengthening and strengthening. This nuanced approach to resistance training not only amplifies the efficacy of Pilates but also ensures a balanced development of the body, catering to a wide spectrum of fitness goals.

Reform and Restore Pilates has been offering, and will continue to offer, private reformer training for those individuals that desire a more personalized approach to their fitness training.

For those individuals seeking a form of recovery that compliments their training program, 1-on-1 Assisted Stretching sessions can also be booked on our website.





COMING SOON

## Small Group Class Descriptions

### **FOUNDATIONS REFORMER**

The foundations class is a must if you have never tried reformer before. This class will teach you how to use the equipment confidently and safely. The class flows at a slower pace allowing you to master foundational exercises while incorporating proper form and breathing technique. This class is suitable for all levels.

### **ATHLETIC REFORMER**

This powered up reformer class moves at a moderate to fast-paced tempo, incorporating swift transitions and introducing you to a repertoire of advanced exercises. Geared towards individuals who have accumulated extensive experience in Reformer classes and have developed a seamless flow in their transitions. This next-level session offers an opportunity to push your boundaries and intensify your workout. Not recommended for beginners or clients rehabbing from injury.

### **CARDIO REFORMER**

In this class, we attach a Jumpboard to the front end of the Reformer machine, situated near the springs. Jumpboard sessions are aerobic so you get all the benefits of cardio without the high-impact. You will be lying down with your spine and body properly aligned for safety. This low-impact form of cardiovascular training places minimal stress on your joints. We'll get that heart rate elevated by incorporating bursts of cardio activity into your reformer workout to challenge your strength and level up your fitness. Not suitable for complete beginners or pre and postnatal.

### **STRETCH AND RESTORE REFORMER**

This Reformer based stretching class would be an excellent addition to your normal exercise routine when your body needs a little break. Flexibility and mobility will be addressed with stretching exercises that open the hips, low back, and shoulders. Come stretch it out and show your muscles some love. This class is suitable for all levels.

# Journal Articles



## IS PILATES EFFECTIVE FOR WEIGHT LOSS?

One of the most popular questions for any exercise routine is whether or not it is effective for weight loss. So where does Pilates fall into that category? Can Pilates help you lose weight?

The simple answer is Pilates is a low-impact exercise that will strengthen and tone your muscles, increase coordination and flexibility, improve posture, and overall help you maintain a healthy weight.

Although Pilates has many health benefits, the results are mixed regarding Pilates for weight loss. The amount of calories you burn depends on many factors, including your current weight, what type of class you are taking, and the level of the class.

If you want to step up the weight loss, adding a cardio-based exercise in addition to Pilates Reformer, in conjunction with a healthy diet of lean protein, whole grains, fruits, and vegetables may yield quicker results. And it's worth pointing out that in order to lose weight, you need to be in a calorie deficit. Although Pilates Reformer is a great exercise, alone it will not achieve weight loss. According to a study found in the Journal of Contemporary Medicine, Pilates combined with a weight-loss diet has more positive effects on body composition than pilates alone. The study also noted that providing dietary training and counseling for women who practice reformer pilates will increase the health benefits of exercise.

Gülşah Kaner, Çağla Ayer. The Effect of A Weight-Loss Diet in Women Doing Reformer Pilates: A 12-Week Evaluation. J of Cont Med. 2022;12(1):19-26.

TO BOOK AND PAY FOR YOUR SESSION:  
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