



REFORM & RESTORE

PILATES &
ASSISTED STRETCH



A Studio Update

WELCOME TO OUR

Monthly Newsletter



Pilates is a mind-body workout that targets your core muscles with every exercise you perform. A Pilates Reformer workout is done on a Reformer machine rather than on a mat. A pulley and spring system is used to provide resistance. The intensity of each exercise can be adjusted simply by adding or taking away a spring. The pushing and pulling with your arms or legs against the resistance of the springs and your body weight makes this a unique, low impact, total body workout. Placing your hands or feet into the loops gives you the ability to extend your muscles to their fullest potential.

In this newsletter you will find:

Benefits of Reformer and Assisted Stretch, journal articles and more.

Keep Reading!





Private Reformer Training

WE ABSOLUTELY LOVE
WORKING 1 ON 1 WITH
CLIENTS

Every client has specific goals that they are trying to achieve. Private Reformer training allows you to focus on those goals and work to your ultimate potential. Your trainer is able to focus solely on your form and technique and make corrections as you perform each exercise. Clients can benefit more from this type of focused training allowing them to achieve results faster. Individualized attention, personalized programs, faster progress, flexibility, more intense workouts, and greater accountability are all advantages of 1-on-1 Pilates Reformer training. Book your session today!



Fascial Stretch Therapy

RECLAIM YOUR HEALTH

Fascial Stretch Therapy is an assisted stretching technique that treats the whole person, not just a body part. It is pain-free and uses constant circulatory, gently oscillating movements of traction and stabilization to decompress joints and expand space in the soft tissues. This allows for greater range of motion and improved circulation which, in turn, allows for improved recovery from workouts and injuries. After a session, you will also notice reduced stiffness and tension. The session is performed on a massage table while the client remains clothed. Every one can benefit from this type of therapy!

Journal Articles

REFORMER TRAINING FOR STRENGTH GAINS

Muscle strength is important for the performance of daily activities. It provides independence, agility, and safety allowing individuals to maintain their physical fitness and overall health. It has often been reported by instructors that the Pilates Reformer machine can be used to strengthen the trunk and limbs of clients. A study was conducted to see if this is actually true. Researchers analyzed muscle strength in beginners who used the Reformer during twelve training sessions. The study found improvement of strength in the trunk and limbs after application of this exercise technique. [Journal of Bodywork and Movement Therapies](#) Volume 21, Issue 1, January 2017, Pages 74-80



Celebrate Valentine's Day this year by celebrating yourself



TO BOOK AND PAY FOR YOUR SESSION:
REFORMANDRESTOREPILATES.COM

Contact: hello@reformandrestorepilates.com