



REFORM & RESTORE

PILATES & ASSISTED STRETCH

A Studio Update

WELCOME TO OUR MONTHLY NEWSLETTER

Class Spotlight-Mat Pilates



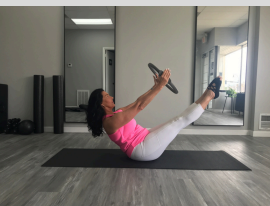
Pilates mat exercises have surged in popularity due to their incredible benefits for the body and mind. At Reform and Restore Pilates studio, you can expect to find a welcoming environment focused on enhancing balance, strength, core stability, and coordination through controlled movements and proper breath work.



Balance: One of the primary goals of Pilates is to improve your body's balance. The controlled, mindful movements help you become more aware of your body's alignment and posture, which is crucial for maintaining stability and preventing falls. Whether you're standing on one leg or transitioning between poses, Pilates challenges your balance, helping you to become more steady and sure-footed in your daily life.



Strength: Pilates might appear gentle, but don't be deceived—it's a full-body workout that builds strength without bulk. The exercises focus on the deep muscles of the abdomen, back, and pelvis, known as the "powerhouse." These muscles provide the foundation for all movements, leading to improved muscle tone and strength across the entire body.



Core Stability: A strong core is the cornerstone of Pilates. Every exercise is designed to engage and strengthen the core muscles. A strong core not only enhances physical performance but also supports the spine, alleviating back pain and improving posture. Over time, you'll notice a more toned midsection and a greater ability to perform everyday tasks with ease.



Coordination: Pilates demands precise movements and controlled breathing, which significantly improve coordination. By focusing on the connection between mind and body, you'll develop better motor control and the ability to execute complex movements more smoothly. This enhanced coordination is beneficial not just for Pilates, but for other physical activities and sports as well.

Attending a Mat class means you'll engage in a holistic workout that nurtures both body and mind. With consistent practice, you'll find yourself standing taller, moving more gracefully, and feeling stronger and more balanced than ever before. Whether you're a beginner or an experienced practitioner, the benefits of Pilates are vast and rewarding, making it a worthwhile addition to any fitness regimen.



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 Jump-board to the front end of the Reformer machine, situated near the springs. Jump-board 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.

MAT PILATES

The focus of this Mat-based Pilates class is on strength, stability, posture, proper breath control, and flexibility. Each class will work to balance all muscle groups with an emphasis on challenging the core with each movement. Classes will be taught using slow, controlled movements. Utilizing props such as light hand weights, the Pilates ring, foam roller, disks, and bands keeps the class interesting and ensures you'll never take the same class twice!

The Science of Pilates Journal Article



BENEFITS OF PILATES

Improved Posture

Pilates focuses on the full body's alignment, ideal range of motion at the joints, and a balance of all opposing muscles. It improves posture by bringing awareness to your alignment and strengthening neglected postural muscles. Effectiveness of pilates method for the posture and flexibility of women with hyperkyphosis (January 2012).

Decreases back pain

Pilates targets the deeper abdominal muscles and the pelvic floor to both contract and release – a true sign of strength. These muscles work like a brace to lift and support the organs and protect and stabilize the back. The impact of pilates exercises on the postural alignment of healthy adults (December 2016).

Improves Balance

Pilates is a mind-body practice that enhances proprioception or body awareness. The attention inward and ability to focus on the sensations in your body heightens your awareness of comfort or pain, your emotions, and your surrounding environment. A Pilates practice keeps moving with smooth transitions between precise and slow, controlled movements. The Effects of Pilates Mat Exercise on the Balance Ability of Elderly Females (February 2014).

It decreases stress

The inward focus and use of breath from Pilates can down-regulate the nervous system. This, in turn, can take you out of fight-or-flight mode, lower cortisol, and decrease stress over time. The effect of an eight-week Pilates exercise regimen on stress management and cortisol levels in sedentary women (Dec. 2019).

Healthline, April 22, 2021

Reform and Restore Pilates
799 North Court Street, Suite 8
Medina, Ohio 44256

Contact: hello@reformandrestorepilates.com