



REFORM & RESTORE

PILATES &
ASSISTED STRETCH

A Studio Update

WELCOME TO OUR MONTHLY NEWSLETTER

Grand Opening **Friday, June 14th** **2:00pm**



We are pleased to announce the Grand Opening of Reform and Restore Pilates. We invite the community of Medina to join us on Friday, June 14th at 2:00pm for our official Ribbon Cutting Ceremony.

Following the ceremony, we would love to show off our beautiful Allegro 2 Reformer machines. Come inside our studio and we will give you a tour. We will demonstrate how the Reformer works and answer any questions you may have about our schedule of group fitness classes.

Enter the drawing to win Reformer Group classes!

REFRESHMENTS WILL BE SERVED FOLLOWING THE CEREMONY

799 NORTH COURT STREET, SUITE 8
MEDINA, OHIO 44256



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.



TEEN REFORMER



This beginner class is a teen's perfect intro to Reformer training. We'll help you get the hang of the equipment and teach you the basics safely and confidently. The pace is chill, so you can nail the key moves, learn proper form, and master your breathing. It's a great class for teens, ages 13 - 18. Come join us, have fun, and build your strength and confidence!



REFORMER PILATES FOR TEENS



5 REASONS WHY REFORMER PILATES IS PERFECT FOR TEENS

1. **Improves Posture:** Teens often spend long hours hunched over desks or devices, which can lead to poor posture. Reformer Pilates emphasizes alignment and core strength, helping to correct posture and reduce the risk of developing chronic back and neck pain.
2. **Builds Strength and Flexibility:** During the formative years, it's essential to build a strong and flexible body. Reformer Pilates uses resistance-based exercises that target multiple muscle groups, promoting balanced muscle development and enhancing overall flexibility.
3. **Enhances Mental Focus:** The mindful nature of Pilates requires concentration and controlled movements. This practice can help teens improve their focus and mental clarity, which can be beneficial not only in physical activities but also in academics and everyday tasks.
4. **Low Impact, High Reward:** Unlike high-impact sports, which can be hard on growing joints, Reformer Pilates is gentle yet effective. It provides a full-body workout without the risk of injury, making it an ideal exercise for teens who are still developing physically.
5. **Boosts Confidence and Body Awareness:** As teens become more aware of their bodies through Pilates, they gain a better understanding of their physical capabilities. This increased body awareness can boost their self-confidence and encourage a positive body image, fostering a healthy relationship with their own bodies.

The Science of Pilates Journal Articles



THE EFFECT OF PILATES EXERCISE ON THE STATIC BALANCE OF TEENAGE FEMALE STUDENTS

You do not have to look far to see that the health of many teenagers is being affected by the growing culture of a sedentary lifestyle, increased screen time, obesity and fast food. Lack of balance is one of the side effects of inactivity during adolescence. Pilates mat class can be viewed as a new, low-cost form of exercise that strengthens the body, mind and muscle and also plays an important role in improving static balance.

This study was conducted with the aim of investigating the effect of Pilates exercise on the static balance of teenage female students. This experimental study was conducted on 50 female students in Gorgan city. The students, who had been selected by simple random sampling method, were at the age range of 11-15 years, and were divided into two groups of intervention (Pilates) and control. There was no significant difference in the static balance of the right and left legs between the two Pilates and control groups before the intervention. The Pilates group performed 8 training sessions (30-45 minutes) once a week for 8 weeks. After the intervention, a significant difference was observed in the static balance of the right and left legs between the two groups. Pilates exercise increased the static balance of female students. Therefore, this type of exercise method, which can be implemented in limited facilities and space, should be considered when attempting to increase physical activity and static balance of female students.

Many Pilates Mat exercises can also be performed on a Pilates Reformer machine. Joseph Pilates, the creator of Pilates, spoke to the fact that childhood is the best time to develop good habits. Knowing that the younger teenage years is the peak time for neurological development, it makes sense that this time is crucial in learning proper patterning for functional movement and for adolescents to understand their physical ability.

Atefeh Jorabian. The Effect of Pilates Exercise on the Static Balance of Teenage Female Students. IntJ Med Invest 2023; Volume 11; Number 4; 115-121.

To book and pay for your session:
REFORMANDRESTOREPILATES.COM

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