



First Class Support Pilates/Fusion

Pilates is a form of exercise which emphasizes the balanced development of the body through core strength, flexibility, and body movement. Fusion combines these benefits with the physical, mental and emotional awareness of yoga!

Pilates is suitable for a wide range of people and athletic levels and concentrates on the development of a strong core foundation. A few of the many benefits include:

- ✓ Improve muscle tone and definition
- ✓ Increase physical energy
- ✓ Reduce back pain and improve spinal support
- ✓ Improve posture and body movement

Your First Class

Classes are held in our *Karma Studio* directly behind the front lobby, to the right as you enter the building. Don't forget to remove your footwear and sign-in with the front desk! Class may include up to 16 participants. The adaptability of Pilates means all exercises are developed with modifications that make the workout safe and challenging for a person at any level. Classes consist of physical postures and strengthening movements combined with breathing exercises and meditation. You do NOT need to be super fit or flexible to begin!

Ready to try Pilates-Fusion? Here's all you need to get started:

- ✓ A yoga mat, mats are provided in the studio if you do not have one!
- ✓ Appropriate clothing that allows free and unrestricted movement.
- ✓ A warm sweater or blanket for end of class relaxation
- ✓ A water bottle
- ✓ You may be asked to grab a block, strap or other accessory as you enter

Pilates-Fusion Tips

- ✓ **Ask questions:** If you are unsure of a pose or movement,.
- ✓ **Do a warm up:** Cold muscles, tendons and ligaments are more vulnerable to injury.
- ✓ **Beginners** should start slowly and learn the basics first, try concentrating more on breathing, rather than trying to stretch farther.
- ✓ **Know your limits:** Do not try positions beyond your ability, experience or comfort level. Just because the person next to you is trying it doesn't mean you have to!
- ✓ **Choices:** We offer a variety of Pilates and Fusion classes; some more strenuous than others... choose the class that is best suited to your goals, needs and ability!
- ✓ **Don't forget to register:** *Fit to Play* classes are included with your evolution membership but you must reserve your spot! Phone or see our front desk today!



The 6 Principles

**Centering, Control, Concentration
Flow, Breath, and Precision,**

are the essential principles of pilates and bring focus, attention and awareness to movement.

