

ABOUT WAC Pilates

Pilates, developed in the 1920's by Joseph Pilates, is a method of full body conditioning consisting of precisely designed exercises on the mat or various apparatus. Pilates apparatus utilizes resistance springs and your own body weight to develop long, lean muscles and is very complimentary with other exercise programs. Pilates can be the starting point, end point, or a maintenance tool for most anyone—beginners, athletes, and exercise enthusiasts.

Yoga vs. Pilates

- ◆ Yoga is aimed at uniting the mind, the body and the spirit. It helps you to become more aware of your body's posture, alignment and patterns of movement. It allows the body to become more flexible, helps you relax. In yoga, the body's own weight is used for resistance and a great deal of focus is used to flow from one movement into another.
- ◆
- ◆ Pilates works the entire body, emphasizing control, precision and concentration in both the mind and body. Movements are steady and controlled—there is a focus on quality NOT quantity. The abdominal muscles, lower back and buttocks serve as the center for all movement, allowing the rest of the body to move freely. The balance between strength and flexibility creates a healthy, vigorous workout for all muscle groups. The results are a leaner, more balanced, and stronger body.
- ◆
- ◆ Pilates and Yoga share similar principles and benefits, but the execution is different. Pilates has a mat-work component but also utilizes resistance training from specially designed apparatus to tone the entire body. Yoga focuses on holding postures on the mat, and more on developing flexibility. While Pilates is very focused and encourages a strong mind-body connection, yoga is more overtly a spiritual practice.
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- ◆ Pilates and yoga are an excellent complement to one another.

Pilates Packages:

Privates: \$45/hr

Semi Privates of 2: \$35

Semi Privates of 3 or 4: \$25/hr

**semi privates require previous experience or special permission from the instructor.

Packages of 5 or 10 are available

For more information contact:

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Deal of the summer!

"The Buddy Workout"

Any WAC Member can bring a friend to join them in 10 Semi-private—1 hour session - on the Reformer for

ONLY:\$250/person

A savings of over \$100

WAC instructors were trained by *Pilates of Boulder*, Inc, licensed and approved by the Colorado Department of Higher Education. *Pilates of Boulder* certifies its instructors in the complete classic repertoire of Joseph H. Pilates.