



Synergy

Wellness for Mind, Body, Soul & Skin

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Open 7 Days
By Appointment Only

Health Rebates and
Workcover Accredited
(Myotherapy and
Remedial Massage Only)

- **No casual classes – Term-long course.**
- **Bookings absolutely essential.**
- **Maximum 4 persons per class.**
- **One-on-One classes available.**
- **Matts and other small apparatus supplied.**

Pilates

60 Minutes

Pilates is often referred to as a conditioning method for the body and mind. It is a well controlled, focused physical conditioning program for the whole body, promoting balanced fitness, physical harmony and body awareness. Your mind is required to engage with your body to perform the movements correctly. So as you work on fitness aspects such as strength, flexibility, coordination and posture, you experience a new awareness of muscle function and control.

It was devised in the 1920's by a physical trainer, Joseph H. Pilates. Joseph Pilates lived his technique, which is to say that it wasn't merely a set of exercises to be performed regularly, but a complete way of life. Now Pilates has been adapted to suit people in the general community and cater for everyone, from the beginner to the advanced. The elderly who require a more gentle, yet effective, exercise regime can also benefit from the Pilates Method.

You can perform exercises using your own body weight or with the aid of various pieces of equipment. The Pilates Method of body conditioning can also be integrated into rehabilitative exercise designed to speed the recovery of soft tissue injuries.

Pilates aims to:

- Improve posture
- Prevent injury
- Enhance joint mobility
- Lower stress levels
- Increase bone density
- Balance strength with flexibility
- Heighten concentration levels
- Enhance body awareness
- Increase circulation
- Relieve muscle pain and tension
- Improve the immune system
- Decrease frequency of headaches
- Reduce back pain
- Build core strength
- Improve pelvic floor function