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A SHORT EXPLANATION OF PILATES

Developed in the 1920's by the legendary physical trainer Joseph H Pilates, the Pilates method is an exercise system focused on improving flexibility and strength for the total body without building bulk. It is a series of controlled movements engaging your body and mind, performed on specifically designed equipment and supervised by extensively trained instructors.

Some exercise can be performed on the floor or a mat, however to learn the true technique and to get the best results, it is advisable to train on the equipment as well.



BENEFITS OF THE PILATES SYSTEM

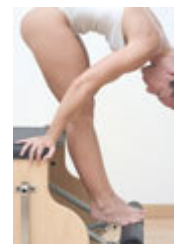
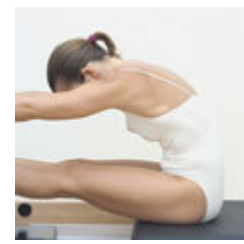
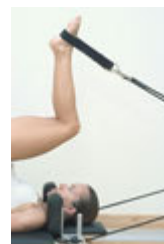
Pilates used as a form of body conditioning promotes harmony and balance for people of all ages and physical condition. You can expect some of the following:

- Improved flexibility
- Greater strength and muscle tone
- More efficient respiratory system
- More efficient lymphatic system
- More efficient circulatory system
- Lowered stress levels
- A flatter stomach and trimmer waist through the creation of natural girdle of strength
- Better posture
- Boosted immune system
- Increased bone density
- Fewer injuries and enhanced performance for dancers and athletes

Particularly this method of exercise is useful in the rehabilitation of some back problems and can assist in the prevention and treatment of back pain.

Pilates is performed on two pieces of equipment—the Reformer and the Trap Table. These are spring loaded apparatus that allow resistance to movement to be altered. To provide safe and effective conditioning for participants, instruction is given only by teachers who complete a certification program. As everybody is different and this form of exercise is so specific, it is advisable that each program is designed specifically for each participant.

Ultimately if used correctly, Pilates will help you achieve a “new body”. It will change the way you look, the way you feel and the way you move. It can reshape, rebalance and reform your body. You will have a body that is



Here at Revive we aim to give you the best possible Pilates experience by providing a clean safe exercise studio, with highly qualified staff and precise Pilates exercise equipment, in a relaxing friendly atmosphere. Every time you visit Revive you will leave feeling invigorated and refreshed.

‘Reshape, Rebalance, Reform’