

Reformer Pilates

The nature of the Reformer Pilates as a high intensity and low impact workout makes it suitable for any age group and fitness level

- Reformer Pilates can be part of a rehabilitation programme. Lying on the carriage takes the pressure off the problem areas and keeps the movements in a horizontal plane. This is the safest way to strengthen the abdominals that are key to a better posture.
- Professional athletes, sports men/women at all levels and anyone who leads an active lifestyle can benefit from Reformer Pilates which makes the body less prone to injuries; increasing flexibility, improving muscle recovery, enabling a greater range of motion and better balance.
- Pre-natal women can benefit from Reformer Pilates in a variety of ways – by preparing the mind and body for the birth and life with the child.
- Pre-natal pilates improves breathing as well as strengthening and releasing the pelvic floor muscles that play an important role in supporting the baby during the pregnancy.
- Postnatal Pilates is a safe method to get back into exercise after childbirth. It can help deal with issues rising from pregnancy such as diastasis recti, sciatica, prolapse and back pain by strengthening the deep abdominal muscles.
- Times : Monday, Thursday and Friday : 1 hour 121 session for £45

Classes are bookable via www.bookeo.com/archwayhealthhub

For more information:

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