



WHAT IS PILATES?

Pilates is a type of preventive and rehabilitative gymnastic, focused on the control of the posture which in turn is necessary to gain greater harmony and fluidity in the movements.

Especially the vertebral column and balance control, benefit from the regular execution of the Pilates method.

The goal of its creator, Joseph Hubertus Pilates, was to make people aware of themselves of their bodies and their minds in order to unite in a single, dynamic and functional entity.

Today the pilates method is practiced all over the world by people belonging to the world of sport, entertainment, actors and ordinary people of all ages.

Gina Siniscalchi

ITALIAN FITNESS FEDERATION
Certified Pilates Teacher

MASTER IN:

- Posture and propiocity
- Pilates matwork advanced
- Personal Trainer 1 to 1
- Pilates in pregnancy
- Algies and paramorphisms
- Pilates props
- Pilates pathologies
- Pilates on the ball
- Pilates for Dancers
- Pilates over 50

THE LESSONS

The objective of the lessons will be:
muscle stretching and psychophysical relaxation and are structured so that they can be carried out even by beginners.

The lessons will take place with a first part through the use of small tools and the other through a mental relaxing and relaxing massage with the use of hedgehog balls.

The individual lectures will last 55 minutes.

Price: 35,00 Euro.

WEAR COMFORTABLE CLOTHING AND GIVE YOURSELF THIS PLEASANT MOMENT OF RELAXATION!