



PILATES STUDIO KILDARE

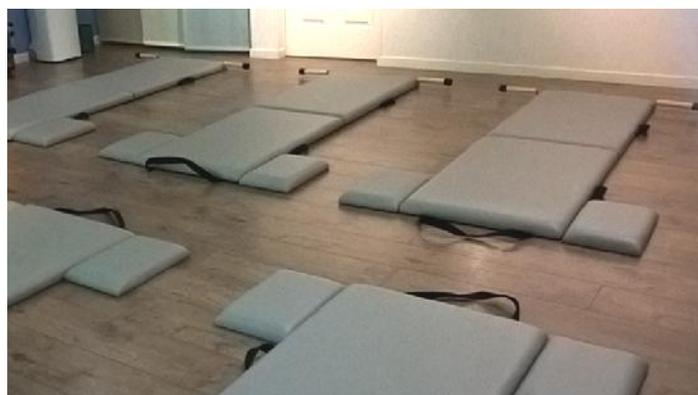
Keep Strong & Healthy

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About Our Mat Classes -

Our Mat classes are now on **GRATZ Pilates Mats** that are extra long, extra padded and include **Foot-Strap** and **Hand-Dowels** at each end.

The soft, thick, shock absorbing padding provide comfort and support for your spine, neck and knees whilst the handles and foot-strap add support and stability to the body for a **MORE EFFICIENT, MORE EFFECTIVE** workout.



We invite you to experience the Pilates Matwork the way it was done in Joe Pilates' NYC Studio

- ALL our Mat Classes are featuring our **Gratz™ Pilates Mats**.
- Classes are strictly limited to **6 participants** to ensure plenty of individual attention and high level of supervision so you make the most out of your hour long Pilates Matwork.
- Our classes are **1 hour long** and we have enough interval periods between classes so that changeover does not take time away from your class.
- Our Mat Group Classes run on **Tuesdays** and **Wednesdays** (mornings and evenings).

Consistency is key to transform bodies which is why our Mat group classes are arranged in a course format with a predetermined number of weeks for each course.

About our Courses Levels:

Mat Foundation

This is the course for you if you are new to Pilates, coming back to Mat Pilates after a long break or, want to ease yourself into the Pilates Mat features and refresh the knowledge of body alignment, basic movements, breathing and muscle activation.

Classes are taught in deliberate pace to allow you to understand and connect to your body, establish core strength & stability for functional movement and learn the basic foundation exercises of the Pilates Method and it's principles. Some of the small Pilates props are utilised in classes to enhance the basics and add support to your movement.

You are welcome to stay in the Foundation level until you're feeling confident enough to enter the next level.



Mat Level 1/2

Pilates Mat 1/2 is suitable to those who have a good understanding of Pilates Mat foundation movements, alignment, breathing, and the Pilates principle. Level 1/2 is the next step to better your understanding of the Pilates Method and improve your full-body strength, balance and flexibility along-side control and precision. Classes are in deliberate to moderate pace to also increase stamina and flow of the workout.

Small Pilates props are sometimes used as we go through some variations of movements.

Mat Level 3

Pilates Mat Level 3 courses are suitable for you if you are healthy, free of any injuries and have regularly practice Pilates for at least 1 year. Classes are dynamic with less rest and more transition and flow as we go through the Mat exercises sequence. These classes truly take you through all that the Pilates Matwork can give.



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