

PILATES STUDIO KILDARE

— Keep Strong & Healthy —

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NEW to our Spring Timetable:

Fletcher Floorwork®

Fletcher Floorwork® is a challenging alternative to the original Pilates Matwork.

Based on Ron Fletcher's studies with *Joseph & Clara Pilates, Martha Graham, and other dance teachers*, this class introduces thoughtful & creative movement that evolved from Pilates original Matwork.

In this class you'll be challenging your body and explore more ways to move down on the floor but also coming up: "And So To Up!".

Class is 1 hour long and space limited to 6 participants.

[This class is not suitable for beginners.]



We're very fortunate to have **Anne**, a Fletcher Pilates® Qualified Teacher, in our teaching team and she cannot wait to introduce you to this amazing style of exercise and movement class.

About Ron Fletcher

A protégé of Joe and Clara Pilate and working with them for over 20 years, **Ron Fletcher** is considered a 'Pilates elder' or 'first-generation' instructor as well as a pioneer in the Pilates movement in his own right.

Following Joseph Pilates' death in 1967, his wife, Clara, penned a now-famous letter to Ron - in it she wrote:

"There is far to go with this work - this work is in your blood and you are the man to create and develop it from this point on. Go and do!"



Fletcher declined Clara's subsequent offer to direct the original New York Pilates studio - opting instead to open his own studio in Los Angeles (1972).

A gifted dancer, choreographer, and teacher, Ron Fletcher kept true to Pilates' origins as he continued to lend his own vision, sensibility and genius for movement to the method.

Ron Fletcher developed his own organic, flowing and artful series of movements deeply engaging the body, mind and breath technique.