

PILATES? DON'T THEY FLY PLANES?



What is Pilates? Pronounced *puh-LAH-teez*. It is a form of exercise that's flying the right way into the future of fitness.

Imagine yourself shrinking away inches, losing weight, gaining flexibility and strength, just to mention a few benefits—and here's the kicker—it's all done without even wearing a pair of sneakers!

Joseph H. Pilates, a German National, was a man with a vision. His objective was obtaining great physical fitness that encompasses the body as a whole. Mr. Pilates developed his method during World War I,

placing springs and pulleys on hospital beds to rehabilitate bedridden soldiers. His quest to master the optimal development of the human body led him to develop "Contrology", and brought him to America in the mid 1920's, where he opened his first studio in New York City. Today, we know Contrology, simply as Pilates.

His method consists of a repertoire of

more than 500 exercises performed on a mat and or specialized equipment. Walking by a busy Pilates studio, you might think, "What are these people doing working on those medieval torture devices?" Some people immediately understand & deeply appreciate the benefits the first time; others may feel the exercises are silly and repetitive. But after more sessions, most clearly gain access to new information about their bodies and they see them slowly transform.

In my own experience, I began as an eager client wanting a magic solution to a defined body, I started my journey with a simple mat class. Two months later with a new body and a spring to my step, I passionately took a year long pathway as a pupil inspired to learn more about this awesome way to add life to and understand the relationship to my body.

My Master Teacher Romana Kryzanowska is the world renowned protégé of Joseph H. Pilates and has been teaching his method in its original state for nearly six decades. At 80 years young, she shocked us to no end with her abilities on the apparatuses as well as teaching us so much about him personally. She is an inspiration, committed to keeping the integrity of his work; teaching in NY, flying all over the world, instructing hundreds of seminars, delivering the original True Pilates Method. ♦

Catherine MacAskill is the owner of Pilates South Inc located in Riverside Square at 8222 Wiles Rd in Conal Springs. Pilates South Inc is proud to be the only studio offering Authentic Pilates™ in Broward County west of I 95. You are cordially invited to join them for their Grand Opening Celebration on November 20th, 2003, 8:30pm. The studio can be contacted at: 954-575-0019 or info@pilates-south.com.