

*DO SOMETHING GOOD FOR YOU!*

*REVIEW*  
*at Pilates Academy*

### *STOTT PILATES*

**exercises are designed to restore the natural curves of the spine and rebalance the muscles around the joints, placing more emphasis on scapular stabilization. There are more preparatory exercises and modifications to cater to many different body types and abilities, making it applicable to everyday life.**

- **longer, leaner muscles (less bulk, more freedom of movement)**
- **improve postural problems**
- **increase core strength, stability and peripheral mobility**
- **help prevent injury**
- **enhance functional fitness, ease of movement**
- **balance strength & flexibility, coordination and circulation improvement**
- **heightens body awareness**
- **no-impact, easy on the joints**
- **can be customized to suit everyone from rehab patients to elite athletes**
- **improves performance in sports (golf, skiing, skating etc.)**

**Level 2 STOTT PILATES Certified Melissa Maury-Ray and Rachel James are excited to provide beginning through advanced Mat workouts with light equipment. Fitness Circle, Flex-Band, Balance Ball, Hand Weights all added to address specific injuries and body types, as well as high performance demands. You may choose group or private Pilates sessions.**