

# Pilates

## Looking for Pilates in Winchester?

Monday 4.45 at The Tower Kings' school  
Monday 7.30 The Tower, Kings' \* new class beginning Mch/Apr \*  
Wednesday 5.45 in Kings Worthy  
Thursday 4.45 The Tower, Kings' school

### Why Pilates?

Pilates is an exercise programme designed by Joseph Pilates, suitable for all ages and levels of fitness, that focuses on Relaxation and Concentration.

The exercises are low impact and emphasise on muscle lengthening increasing strength and giving leaner more toned muscles.

Deep thoracic breathing will help to focus the mind and reduce stress.

Pilates has a Quality rather than Quantity approach.



### Benefits

Muscles toned and lengthened.  
Improved Posture.  
Improved Flexibility and Balance.  
Lower stress levels.  
Reduced back pain.



Classes are run in small groups to allow time to focus on individuals and keep a feeling of familiarity.

Any level of experience is welcome .

**Block of six lessons £45.00**

Call Michelle on 07917 138552  
or email [michellebaker5@hotmail.com](mailto:michellebaker5@hotmail.com)

It is advisable to consult your doctor before starting a new exercise regime.