



# Pilates Training

## Understanding Pilates

Pilates is a body conditioning system created over eighty years ago. It employs specialized machines that teach optimal trunk function to correct postural imbalance, increase flexibility, improve breathing, increase abdominal strength and stabilize the torso.

Pilates is a safer, gentler way to condition the body. It promotes body awareness strengthens muscles in a balanced way and has proven beneficial for the rehabilitation of injuries and preventing osteoporosis.

Pilates balances the body by strengthening weak muscles and lengthening short muscles through movement so the strength of the muscles works in relationship to their true function.

Pilates coordinates mind, body and breath to develop functionally strong abdominal muscles, a strong and supple back and a properly aligned shoulder girdle.

Pilates works deep intrinsic, supporting muscles, which enables the body to improve alignment, breathing and movement efficiency. The concentration required by Pilates encourages the mind to connect with the muscles.

Pilates is done in a calm and supportive environment, facilitating stress-free, pain-free accurate movement.

## Training on the apparatus

The apparatus enables you to perform movements in a gravity-reduced environment, which allows you to isolate core muscles and overcome physical limitations.

The spring resistance can be adjusted for individuals with a broad spectrum of injuries, fitness levels and technical proficiencies.

The apparatus allows the trainer to adjust movements to maximize benefits, as well as change the program to keep you challenged.

## Why does the APJCC charge extra for this training?

There are two types of Pilates training at the APJCC. You can train on a mat or on the apparatus. Both techniques require trained Pilates instructors. Participation in our Pilates mat classes is included with your membership fee. Reformer classes or any instruction on the apparatus; however, requires instructors with extensive education. We offer competitive rates and attractive packages to suit every need.



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## Registration Information

To register, a Pilates program registration form is required.

For more information contact Deborah, Pilates Manager, at 408.357.7440 or [deborahr@svjcc.org](mailto:deborahr@svjcc.org).