

May 1st – June 26th
Thursdays
5:00 pm – 6:00 pm

Registration Starts Friday,
April 18th

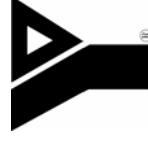
Olympia Downtown YMCA

510 Franklin Street SE
Olympia, WA 98501
(360) 357-6609

Pilates Mat 8 Week Course



www.southsoundymca.org



*We build strong kids,
strong families & strong communities.*

ARE YOU WONDERING WHAT ALL THE FUSS

over Pilates is about? Used traditionally by dancers for deep body conditioning and injury rehabilitation, Pilates (pronounced Pilah-teez), is a 70-year-old exercise technique first developed by German immigrant Joseph Pilates. Only recently has it migrated from its long-held position at the fringes of traditional fitness methods such as aerobics and weight training. Hollywood has been a key factor in turning the spotlight on Pilates, as numerous models and actresses pay homage to Pilates for their beautifully toned, fit bodies.

Olympia Downtown YMCA



Pilates Mat Primer



Tami Shaughnessy
Before 213 lbs After 131 lbs
Say good-bye 82lbs

TAMI SHAUGHNESSY

- Certified ACE Group Fitness Instructor
- Certified ACE Lifestyle/Weight Management Consultant
 - PMA Certified Pilates Instructor
 - Certified BODYPUMP Instructor
- Certified BODYFLOW INSTRUCTOR
 - LEKI Nordic Walking Instructor
 - YMCA Pilates Instructor
- Core Dynamics Pilates Training
 - Stott Pilates Training
- Anatomy for Pilates Instructors Training



Focusing on the Core with Pilates

The abdominal and back muscles are often collectively referred to as the body's core. Pilates exercises are designed to strengthen this core by developing pelvic stability and abdominal control. In addition, the exercises improve flexibility and joint mobility, and build strength. How can one exercise technique claim to do so much? Primarily using one's own body weight as resistance, participants are put through a series of progressive, range-of-motion exercises. Despite the appearance of this, Pilates exercises are very low impact. Instructors, who typically work one-on-one or with small groups of two or three participants, offer reminders to engage the abdominals, the back, the upper legs and buttocks to stabilize the body's core. Exercise sessions are designed according to individual flexibility and strength limitations. Pilates exercises are not limited to specialized Reformer machines, however. In fact, this class we are offering is floor-work based that feature exercises that also stress the stabilization and strengthening of the back and abdominal muscles.

THE MIND/BODY CONNECTION associated with yoga and meditation also plays an integral part in Pilates. Unlike exercise techniques that emphasize numerous repetitions in a single direction, Pilates exercises are performed with very few, but extremely precise, repetitions in several planes of motion. Pilates can help you develop long, strong muscles, a flat stomach and a strong back, and improve posture. These changes are dependent upon other lifestyle factors, such as a well balanced diet and regular aerobic exercise. Although some may claim that Pilates is all you need to develop stamina and endurance as well, an additional cardiovascular component may be advisable. An initial Pilates session typically includes a body assessment, which allows the instructor to pinpoint strength and flexibility weak spots. This is also the time to become familiar with Pilates' unique breathing patterns, which don't always follow the exhale-on-exertion pattern of traditional exercise. Whether you work out at a studio, the YMCA or on your living room floor, Pilates is an excellent way to challenge your muscles, improve flexibility and incorporate the mind/body element into one effective exercise session.

May 1st to June 26th
Thursdays in the Fitness Studio

5:00 pm—6:00 pm

Full Members- \$75.00

Basic Members- \$105.00

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For questions, call Lloyd Moore, Senior Program Director
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HEALTH & FITNESS™

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