



CORE DYNAMICS

PILATES & DANCE

INTRODUCTION TO PILATES



WHAT IS PILATES

Welcome to Core Dynamics and to your new life with Pilates!

You might have heard a lot about Pilates without being sure exactly what it is.

Pilates is a mind body exercise system that was invented by Joseph Pilates, but more about that later.

Many people confuse Pilates and Yoga thinking they're the same thing and trying to understand Pilates poses.

One thing you can be sure of is we don't hold poses in Pilates, we keep moving, just as we do in everyday life.

Unlike Yoga we use many different pieces of equipment to help us attain your fitness goals.

Pilates is a low impact exercise system that will give you an all over, whole body workout. It will target your core leaving you feeling strong and more mobile.

Joseph Pilates built his system to strengthen, elongate and balance up our muscles so they could do their main job properly. Support and mobilize our skeleton.

It's proven to help back pain and your experienced instructors at Core Dynamics will be able to adapt exercises for any issues you might have.

Our aim is to have you feeling better when you walk out of your session that you felt when you walked in.

WHAT TO EXPECT IN YOUR FIRST SESSION

At Core Dynamics we have introductory sessions for our Pilates clients. At these sessions you will have a postural analysis and be able to go over some of the foundational exercises and Pilates basic principals at your own pace. We find these sessions allow clients to ask questions without feeling they're slowing down the flow of a class. Having said that please remember, if you have questions, your instructor will be only too happy to help you.

Please come with water, fitness clothes, a pair of socks, (bare feet are discouraged for cleanliness reasons) and an open mind. You're going to discover a lot about your body that you didn't know.

You won't need to bring any equipment all of it is at the studio and is cleaned between each session

Your first group class will take place after your intro sessions and numbers are restricted to 8 maximum in a Matwork class and 5 maximum in an Equipment class.

Your instructor will not join in, they get their workout on their own time and not on your dime. Their job is to make sure you are comfortable with the exercises and getting the most out of your workout.



Core Dynamics Pilates Intro



A SHORT HISTORY OF PILATES

Joseph Pilates was born in Germany in 1880, he grew up with many health complaints as a young man including Rheumatic Fever and Asthma. He was determined to be as able bodied as his freinds and set up an exercise system for himself. His system worked so well that from being the weedy kid he ended up being a Gymnast and weight lifter.

He moved to England sometime before World War One and earned a living as a professional boxer and circus performer. He also taught self defence to officers at Scotland Yard.

During WWI he was interned with other German nationals on the Isle of Man and gained work as a hospital orderly. He started to use his system of exercises to help some of the patients and it's believed that this is where the prototype reformer was invented using a hospital bed and horse harnesses.

He returned to Germany when hostilities ended but found that with the recreation of the German army his exercise system was being looked upon for a very different purpose than he had intended. The Nazi Party wanted to recruit him to help train their soldiers.

Pilates had no interest in their offers and managed to escape Europe on one of the last boats to the US. Once there he founded his exercise studio in Hells Kitchen, New York with is wife Clara.

The rest, as they say, is history.

WHAT WILL HAPPEN AS I PROGRESS

One of the questions we get asked most is "How quickly will I feel a difference?" that will all depend on how much you put into your Pilates sessions. The more you do, the quicker you will see results.

Another question we get asked is how long will it take me to learn all the exercises?

To be honest, you never will because as fast as you learn them we will add variations and props to challenge your workout further. With all of the equipment at our disposal thanks to Joseph Pilates ingenuity we have an infinite number of exercises at our disposal and your instructor will always be looking for new ways to progress your workout.

At Core Dynamics we have Essential, Intermediate and Advanced classes, in addition to this we seasonally add in classes for back pain, upper back and shoulder stabilization. Classes aimed at stretching or Intense, fast paced workouts using suspension equipment. If you're interested in a particular type of class please let our staff know.





PILATES EQUIPMENT

At Core Dynamics we have our fully equipped Pilates studio to help you on your wellness journey. Lets have a look at some of the amazing machines Joseph Pilates invented that can be used to assist you.

A lot of people think that Mat Work is the way to start and you progress onto the equipment. Not so! Mat Work can be some of the most difficult in our repertoire and our machines can help you achieve those exercises.

The Cadillac is one of our most versatile pieces, it is a full bed machine with resistance springs at both ends. It can be used in a rehab setting and is popular with PT's for assisting their clients while they recover from injuries.

The reformer, pictured opposite, can give the client support and help them gain confidence with exercises, it is one of most popular of our group classes with so many different variations of exercises to explore. At Core Dynamics we also have Cadillac Towers on our Reformers.

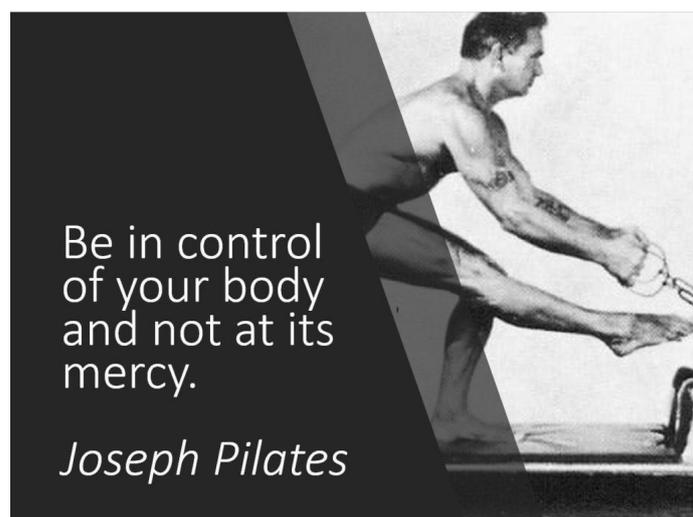
The Stability Chair offers the client who finds it difficult to lay down a great workout, but don't let it fool you into thinking it's a soft touch!

We also have the full range of Barrel Equipment to help with your spinal mobility.

THAT'S AWESOME! HOW DO I SIGN UP?

We're so glad you asked!

To sign up for your intro class, please click here and fill in your contact details. Our staff will get in touch to arrange a time for you to come in and experience what we're talking about. Alternatively please feel free to phone us on +1 780 874 9988 if you have more questions



Be in control
of your body
and not at its
mercy.

Joseph Pilates

WELCOME TO THE CORE DYNAMICS FAMILY

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