

Pilates



CRYSTAL PALACE
PHYSIO GROUP

Making People Better

What is Pilates?

Pilates is a form of exercise that targets the deep postural muscles of the abdomen and spine to improve overall central core stability and posture. Pilates was designed by Joseph Pilates as a corrective system of exercise intending to strengthen the human mind and body. As well as the benefits of getting stronger flexibility and balance improves.

Who can benefit from Pilates?

Pilates can be beneficial for:

- Improving your general fitness and body awareness
- Remedial and rehabilitation work
- Injury prevention
- Improvement of technique for athletes and dancers
- The elderly
- Pregnancy: Pre and post natal
- For children from 12 years-old

How can Pilates benefit you?

Pilates helps you to:

- Increase and create a balance between strength and flexibility
- Create an awareness of and strengthen dynamic stability
- Improve coordination
- Release stress
- Improve posture

We run a range of individual and class base Pilates sessions to suit our clients and patients.

Contact us now

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