



What is Pilates?

The Pilates method of training is based on the original works of German born Joseph Pilates who designed a series of exercises that used both physical and mental techniques to condition the body.

His original method of exercise was devised for actors, dancers and athletes. In the 1920's he used his studio in New York to run exercise programmes that complemented the training they were already undertaking to help build strength, improve posture and increase flexibility.



In recent years, Pilates has gone from being virtually unknown to being adopted by studios, health clubs and health professionals who now make extensive use of his methods by running Pilates rehabilitation programmes.

All Pilates exercises look at strengthening the 'core muscles' vital to preventing and reducing back pain, and getting that tight waist!

Cath Hopkinson, Pilates Specialist- Biography



Cath has been a fitness educator for over 15 years, and for the last 4 years has concentrated exclusively on Pilates. Training in the first instance with Modern Pilates, Cath has expanded her expertise with further hands-on training and courses.

She has a wide range of experience in working with, and helping to improve the lives of many - from people with chronic pain to pre and postnatal women, by reducing pain and improving mobility and functionality.

She has presented many workshops and education sessions for public, private and education sectors, all of which have been well received, and is currently studying Physiotherapy, which she intends to incorporate in all her Pilates teaching.

Currently Cath teaches small group Pilates in Longridge and Great Eccleston and teaches small groups and individuals in her own Pilates Studio in Preston, using a variety of Pilates equipment.

Cath has designed and developed a unique home exercise programme called '**Pilates by Numbers**', which makes Pilates accessible for everyone in just a few minutes a day. Visit the website for more details.

Cath is available for workshops, master classes and work-based staff training.



What to expect in a class?

Results!!

Joseph Pilates is famous for the following quote:

***"10 Sessions You Will Feel the Difference,
20 You Will See the Difference,
30 You'll Have a Whole New Body"***

How can he make such claims? Over time Pilates has been scrutinised by numerous organisations and is now subject to many research projects throughout the world.

Both empirically and through scientific research, Pilates has shown to give the following benefits:

- ✓ Improved flexibility,
- ✓ Greater strength and muscle tone,
- ✓ More efficient respiratory system,
- ✓ More efficient circularly system,
- ✓ Lowered stress levels,
- ✓ A flatter stomach and a trimmer waist through the creation of a natural corset,
- ✓ Better posture,
- ✓ Tones buttocks and thighs...

... Need I go on...?

Participants and clients I teach, many of whom came to Pilates as a 'last resort', have also echoed these benefits. Thank goodness they leave each class happy with their workout!

Exclusive to those attending Small Group or Individual Pilates... ***Homework!***

It's fantastic that you come once or twice per week, but what happens on the other days when you are at home? With that in mind, I thought it might be beneficial to give you HOMEWORK! Each week I will email your homework for the following week. It will consist of three or four exercises that we have completed in class, with easier and harder versions if you want them. The format of the homework will follow that of the *Pilates by Numbers* home exercise programme. I hope you will be able to find time for the exercises and should take approximately 15 minutes per day.

Please contact me if you need any further information or visit the website.

See you soon,

Cath
x