What is pilates?

Pilates is a complete exercise method developed by Joseph Pilates, which focuses on improving posture, strength and flexibility to restore your body to balance. It is a system of exercise that uses low repetition strengthening exercises and functional muscle stretches. These exercises are based on an indepth understanding of the body's muscular and skeletal systems.

Pilates based exercise is based around developing the health, function and strength of your core muscles. These are the muscles of your back, abdomen and pelvic floor and are fundamental in supporting you through activities of daily living and for all forms of exercise.

Pilates goes far beyond your core muscles, the strengthening and flexibility exercises not only provide a complete body workout. You will learn about and work muscles you didn't even know you had helping to develop an awareness of how your body works.

Through pilates, you will be able to improve your posture, develop lean muscles and improve your flexibility and agility.

Ailis' Pilates

Ailis' Pilates is based on anatomical understanding of the body's muscular and skeletal systems and over 10 years of experience of teaching exercise.   As an Osteopath, Ailis has an in depth knowledge and understanding of the mechanics of the human body and has many years experience of diagnosing and designing exercise programmes to aid in the recovery of many different injuries and postural weaknesses.

Pilates sessions will be designed around the individual in order to specifically target areas of imbalance with an aim to restore balance to the body. Ailis likes to ensure that her clients have full understanding of their exercises and why they are relevant to them.

Classes will integrate the whole body with an aim to re-educate and restore the movement patterns to optimum function. Ailis aim is to educate the client in how their body can move in the best way for them, reduce the risk of further injury, maintain and improve strength and flexibility through all activities.