



CHALLENGE

optimal movement patterns with the

ATHLETIC STREAM

This stream will work with the Pilates repertoire and movement mechanics to build optimal movement, amazing core strength and improve Performance.

Our focus is to restore automatic support throughout the body with correct movement, correct muscle activation and optimizing joint range of motion.

We work with changing the weight and direction of pull, challenging the base of support as well as the speed and complexity of movement.

PILATES
in Guelph

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GUELPH'S PREMIER PILATES STUDIO

What makes us so successful? We fit the exercise to the person in front of us. We watch a body's movement strategy and adjust the movements/exercises to fit the person and their training goals.

We are fully equipped with Reformers, Wunda Chairs, Trapeze Tables, Springboards, barrels and more. Entering our 20th year in Guelph, we provide services to help you **move better, feel better and be better.**

We offer:

- Small group classes
- Individual postural and performance sessions
- Public workshops on
- Body Harmonic's Pilates teacher training.



Come in for a **FREE CONSULTATION** to see how Pilates In Guelph can benefit you.