



# RESTORE

optimal movement patterns with the

# THERAPEUTIC STREAM

These sessions are supportive and safe.

The pace is slow, healing and highly adaptive to individual needs. They help restore optimal neuro muscular movement, balanced muscles activation and optimize joint range of motion.

As strength and coordination improve, exercises get progressively harder to develop muscle endurance and strength for daily activities.

We accept MVA clients,

**PILATES**  
*in Guelph*

(519) 829-2928 [info@pilatesinguelph.com](mailto:info@pilatesinguelph.com)  
109 Surrey Street Unit B 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
- Body Harmonic's Pilates teacher training.



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