



STRENGTHEN

optimal movement patterns with the

FUNCTIONAL STREAM

These sessions build optimal movement through the body. They are skill based using mobility and strength exercises to help you realign and strengthen. Hip mechanics, torso support, ribcage mobility, shoulder mechanics and ankle strength and flexibility are all major themes of these sessions and classes.

These sessions are safe for:

- spine conditions
- hip and knee replacements
- neurological conditions
- arthritis
- MS and stroke
- and more

Core classes at Pilates in Guelph are designed for the Functional Stream of clients.

PILATES
in Guelph

(519) 829-2928 info@pilatesinguelph.com
109 Surrey Street Unit B Guelph

pilatesinguelph.com



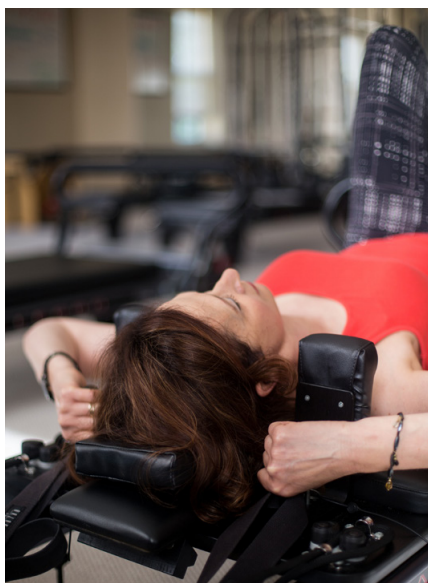
GUELPH'S PREMIER PILATES STUDIO

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.