PINK Personal Training – Yvonne Grayson

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MEN ONLY
PILATES – BEGINNERS/IMPROVERS LEVEL
Coming soon to Grayshott Social Club!

Pilates for men?? Well, why not, after all Joseph Pilates was well, male. A little known fact, Joseph Pilates actually created this exercise, originally known as Contrology for men. Yes, it is very popular with women and dancers but why it is so beneficial for men is as follows:

Your posture will improve – you will stand taller. Better posture will alleviate back and neck discomfort.

You are protecting your body from injury if you are an athlete and incorporate this into your weekly training routine.

More muscular definition.

Pilates can challenge you well into your Golden Years without putting any stress or strain on your joints.

No week is the same – so you are less likely to get bored.

Most men have very tight muscles, particularly the hamstrings. Pilates will help with flexibility.

Your movements will become more fluid and easier as Pilates builds a strong CORE.

There are so many reasons as to why men benefit from Pilates – would be impossible to précis on here – so if this interests you please contact me either by telephone or email.