

'A Fortunate Discovery'

**FITNESSPILATES**

**Mondays, 7- 8 P.M.  
Risen Christ Day Centre,  
Wyken Croft Road, Coventry.**

**Beginners Fitness Pilates Class suitable for over 16's  
£4.25 per class or £3.50 for students**

**Fitness Pilates is a  
group exercise  
programme designed to  
enhance the posture,  
strength, balance and  
stability of a healthy  
adult and involves  
working the muscles of  
the trunk and pelvic  
floor.**



***Tracy Martin B.Sc. (Hons)  
Personal Training, Exercise  
to Music & Pilates***

To book or for further information  
please contact Tracy

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### ***What Is Fitness Pilates?***

Fitness Pilates involves strengthening the muscles around the centre of your body; these include your abdominal muscles, the muscles in your lower, middle and upper back, the muscles that are responsible for your posture. Pilates focuses on the deepest, supportive muscles that support and control your spine and abdominals.

### ***The Technique***

This involves breathing in and activating your pelvic floor muscles and your abdominals at the same time. This can be quite difficult to master and will take time to practice and learn. On breathing out you increase the intensity of the contraction and also as you move your legs and/or arms.

### ***Why should I do Fitness Pilates?***

Pilates will strengthen and rebalance tight and weak muscles thus preventing future injury.

### ***Should I do Fitness Pilates if I have a bad back?***

After checking with your GP/Physiotherapist/Health practitioner first. Pilates will stretch and lengthen tight muscles around the spine.

### ***I have tried Pilates but I don't feel very much happening?***

It takes time and practice for the brain to use muscles that have stopped working effectively due to disuse, injury, childbirth or surgery. Be patient you will see gains in your flexibility, posture, strength and abdominal area.

### ***Will Pilates give me a flat stomach?***

It can help but only if you combine Pilates with a balanced diet and aerobic exercise.

### ***Can anyone attend Pilates?***

Yes everyone of any age or fitness level can join Pilates.

### ***I have recently had a baby is Pilates suitable for me?***

Absolutely, following your 6 week check up, Pilates is perfect to strengthen the pelvic floor muscles. Pilates is also excellent for anyone recovering from a Hysterectomy operation

\* The Fitness Pilates technique takes time to learn it can't be taught in 1hour you will need to practice at home and attend at least 6 sessions before you begin to feel comfortable with the technique, be patient!!! \*

\*\* And remember work at your own pace if any particular exercise hurts STOP but you do want to feel the muscles of the core working and stabilising \*\*

For further information please contact Tracy

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