

PILATES



**JONATHAN'S
LANDING**
TENNIS & FITNESS CENTER



w/ **Deborah Feldman**

The Pilates method is a system of movement and therapeutic exercise developed over a span of 60 years by German born athlete and physical therapy pioneer, Joseph H. Pilates. Utilizing the specialized equipment he designed, the method works by toning muscles as well as balancing muscular force at the joint level. It stimulates circulation through facilitating muscular flexibility, joint range of motion and proper musculoskeletal alignment. In addition, Pilates promotes new neuromuscular patterns, heightened body awareness, and more precise coordination. All these things combine to help prevent future re-injury and reduce, even in some cases alleviate, chronic pain altogether.



**For a private session
call 561-743-2191**