Pilates is a system of exercise.

How did Pilates originate?

Pilates is a system of exercise that has been in the United States since 1926 when Joseph Pilates and his partner Clare settled in NYC after immigrating from Germany.

At this time in history there was a revolution in health and wellness-being practices, particularly in Germany. Joseph Pilates studied principals of body movement, physical discipline and philosophy.

The system of exercise that Joseph Pilates developed was designed to be on done on a mat or platform as well as on various pieces of equipment that he invented.

A laminated watercolor was hung in Joseph Pilates NYC studio.

It was a stream flowing through an Alpine Meadow. The German inscription can be translated to  “It is the mind that builds the body” or “it is the spirit that creates the body”.

This was his vision.

I feel that Joseph Pilates system  was ahead of his time and it has evolved into a perfect system of exercise for our times.

His focus on ’The Core’ and emphasis on what we call 'Functional Fitness’ can fit our health and fitness needs perfectly.

THE BENEFITS OF PILATES…

WHAT YOU CAN DISCOVER FOR YOURSELF!

You will learn to…

- Improve alignment, balance, and mobility.

- Connect with your ‘powerhouse’ known as the core.

- Develop a deep strength as well as increased flexibility.

- Correct muscle imbalances for decreased pain and restriction.

- Discover that you perform better in physical activities, sports or daily activities.

- Minimize the effects of sitting and working at a computer for hours.

- Breathe deeper, manage stress, and have more energy.

- Discover a deeper awareness of your body and a quieter mind.

Peggy Normandin,

Owner BD Pilates