



Pilates

Fitness Class

Length: 30min; 45min; 1hr

Delivery modes: Onsite & Virtual Classes; Pre-recorded workouts

Details: A high-intensity class with a focus on building core strength and boosting stamina. Great for boosting energy, strength, digestive health, and cognitive skills. Useful for improving musculoskeletal health.

Health benefits include:

- Increased flexibility
- Restoring and promoting digestive health. Pilates has a strong focus on boosting core energy, with emphasis on strengthening the abdominal muscles using a combination of twisting exercises, intense inversions, and deep breathing. Together, these help to get rid of stale air and stimulate the digestive system.
- It can be used as an injury prevention strategy within manufacturing and construction settings. This combination of exercises can help to increase strength, balance, and physical awareness – which in turn enhances the cognitive function, thus boosting the motor coordination skills needed to improve reaction speeds.

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.