

PILATES IN THE WORKPLACE

INTRODUCTION:

Pilates is a form of low-impact exercise that focuses on strengthening the core and improving overall flexibility and mobility.

It is suitable for people of all fitness levels and can be modified to meet individual needs.

Benefits:

- Improves posture and alignment
- Increases core strength and stability
- Increases flexibility and range of motion
- Reduces stress and promotes relaxation
- Improves overall physical fitness

Service:

- Class duration: 30, and 45 minutes
- Frequency: weekly/monthly, ad-hoc.
- Class size: Onsite (up to 25 participants). Virtual: (Up to 500 participants)
- Equipment: Pilates mat and small props (such as resistance bands, foam rollers, etc.) will be provided
- Location: a suitable space within the workplace (such as a conference room or empty office), Zoom or MTeams

If you are interested in bringing Pilates to your workplace, please contact us to discuss options and schedule a class.

Length: 30 and 45 mins

Delivery Option: Face-to-Face, Virtual

