

Your Voice in Guelph

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HEALTH & WELLNESS



Pilates in Guelph

A positive change in a new year

Just months after making a new start at its expanded studio, Pilates in Guelph invites you to discover how Pilates can become part of a new you.

In the relaxed atmosphere at this historic stone cottage at 109 Surrey St., you will discover the vital difference between Pilates and other exercise, and the difference of learning in the region's premier Pilates centre.

Improved breathing, balance, posture, flexibility, core strength and positive body awareness are a few of the many benefits of this exercise system that addresses the physical and mental aspects of balance.

Pilates In Guelph is dedicated to the highest level of Pilates instruction. The centre houses two fully equipped studios and a range of programs for all ages and ability levels. The studio boutique has a unique selection of quality Pilates and



yoga clothing. Studio founder and director Ahmé Bovée is a licensed instructor trainer and host of the Pilates In Guelph TV series on Rogers Television Cable 20.

"A lot of people may have tried Pilates in a casual setting, such as a one-time workshop or a gym," says Bovée. "It's very different learning from full time teachers in a studio designed for Pilates."

People who have never tried exercise or who have tried other fitness programs have turned to Pilates In Guelph because of the instructors' expertise in guiding them to renewed alignment and posture.

"We are also an education centre, offering comprehensive, internationally renowned teacher certification," stresses Bovée. This fall students travelled from Montreal and North Carolina to take the certification course at Pilates in Guelph.

For their part, participants of all backgrounds can't say enough about Pilates in Guelph.

'Completely Different'

"I joined many, many fitness clubs but never went regularly or maintained any fitness program," says Kim, a microbiologist and young mother. But when Kim signed up for the second semester at Pilates in Guelph five years ago, "I really enjoyed it and I kept going."

It's completely different from a fitness club. It's always changing and offering new classes. There were even summer classes in parks. When Kim was expecting her second child, a new prenatal Pilates class helped her maintain flexibility and mobility. "Now, the best thing for me is the moms and tots Pilates program," says Kim. "I can take the babies with me and exercise. What gym can offer that?"

'Exactly What I Was Looking For'

Mark, a runner and power weight lifter, tried the Pilates for Men workshop after hearing his wife Laura, also a runner, and mother-in-law Betty rave about Pilates. "It was exactly what I was looking for in terms of exercise," says Mark. He was working out at the gym regularly, but found that he got a better workout by

doing Pilates exercises with greater attention to detail, than he did by performing sets of repetitions of regular exercises.

"Cross training is always recommended for runners, and by using the principles of Pilates, I feel stronger."

Mark and Laura also find Pilates relieves the everyday strain of a high-paced, but sedentary career of running their own computer consulting firm and commuting daily to Toronto.

'I'm really excited'

Alisia was one of the first Pilates in Guelph participants five years ago. "They thought I would enjoy teaching Pilates, so I took the instructor certification course and it was fantastic!" says Alisia, a career developer plans to finish her Pilates training in the spring.

"I'm really excited about that," says Alisia, who notes the instructor course has also given her a deeper insight into her own practise of Pilates.

'Better than ever'

Brian, a retired teacher, found Pilates solved his chronic back problems caused by years of standing at the blackboard or hunching over desks to help students or mark papers. "I feel better than I've every felt," says Brian, who is now pain free. Before starting Pilates, he experienced chronic pain every two weeks.

A massage therapist was able to relieve the pain, but advised Brian there were underlying upper back issues he couldn't solve. Brian decided to try Pilates in Guelph.

"Ahmé explained to me my body had been compensating for years and had reached its limit, causing pain," says Brian. "I felt I had to do something, and asked my self what could I lose? What I lost was the pain. My body has realigned itself the way it should be. Pilates has also certainly improved my posture and my core strength."

What will Pilates do for you? Start your discovery today. Visit Pilates In Guelph and the Centre for Professional Pilates Instruction at 109 Surrey St., Unit B.

Visit online at pilatesinguelph.com, or call 829-2928

