



LET'S TALK Y PILATES!

Pilates attracts everyone from grandmas to executives with its promise of core strength, flexibility and lean muscle tone.



Working against resistance is essential to the 500 classical Pilates exercises, which are designed to train the body's "powerhouse" — the abdomen, lower back, hips and buttocks. But you can accomplish that in Pilates using either a mat, where your own body weight creates resistance, or a reformer, where pulleys and springs create resistance.

Pilates mat work is done in live classes, which the Y offers throughout the week, at no extra charge to members. Many Pilates' experts recommend mat classes as the best bet for beginners. Average students typically add reformer work after three months of once-a-week mat classes.

What are some of the differences between Mat Pilates and Pilates on Reformer?

Mat work is a great option for beginners because of its emphasis on learning how to control your muscles during exercises. Most experts say you need a good foundation of mat work before moving to the Pilates on Reformer classes.

While doing Pilates on a mat instead of a reformer may not seem as fun or challenging, many students see results — improved strength, posture, agility and flexibility, as well as toned muscles — within a few months from once-a-week Pilates mat sessions.

To some, reformer equipment might resemble a torture apparatus, looking like a single bed frame but with a sliding carriage and adjustable springs to regulate tension and resistance. Cables, bars, straps and pulleys allow exercises to be done from a variety of positions, even standing.

The resistance created by the pulley and spring system can provide a more challenging strength and endurance workout than mat classes. It may also produce visible results sooner — arm, leg and abdominal muscles can look more firm and defined within a dozen or so regular sessions.

Both forms will teach you how to use your powerhouse, make performing daily activities and sports easier, and tone your body along the way. **We encourage our experienced Mat, Yoga and regular exercisers to try a Pilates Reformer Class today. Take a trial class, and tell us what you think!**

It's up to the consumer to check a teacher's references, certifications and experience. As with many workout methods, to get the most out of it, you should work with a certified instructor. All the Pilates instructors at the Y have gone through training to become certified. You are in good hands in our Pilates Classes!

CALL DIANE MCCARTHY TODAY AT 914.631.4807 EXT. ____ to schedule your free trial Reformer class.