



# Corporate Pilates

Pilates is ideal for the workplace because it focuses on posture and developing the deep abdominal muscles, it is perfect training for anyone who has to sit at a desk all day.

Pilates doesn't require any special equipment and can be done almost anywhere. If your company has a fitness studio then that is wonderful, but a meeting room where furniture can be moved easily will suffice.

Content	Structure	Pricing
Postural Assessment	One-to-One (30 min.)	€40
Group Classes (1 hour)	Max. 12 attendees	€75

Some companies find that early morning Pilates is most convenient for their employees, whilst others opt for lunchtime or after work classes. We do our best to arrange a time that suits you.

## Why Pilates?

- Postural awareness and correction
- Reduced tension and stress
- Higher team morale
- Increased work efficiency
- Reduced risk of injury
- An overall sense of wellbeing and relaxation
- Increased tone and flexibility
- Improved core strength

