



After Retiring Pilates Courses

Shapeit
the Pilates way

Anyone of any age and any level of fitness can do Pilates



Pilates is a series of non-impact exercises designed to develop strength, flexibility and balance.

The ability to modify exercises to meet different needs makes Pilates an inviting senior exercise program.



Some of the Pilates method benefits:

- Improves posture
- Increases strength and flexibility
- Increases balance
- Helps reduce stress
- Provides a general feeling of well being

