

## **Pilates**

I run the Monday morning Pilates class at Marnhull Village Hall. 11.30 til 12.30

We have an enthusiastic, full class of all women at the moment, men are welcome too, but anyone new may have to go on a waiting list. It's a mixed ability class, good humoured and we have quite a laugh in our classes as well as focusing on some crucial issues regarding fitness, strength, flexibility, balance, posture. It's a fairly gentle, although sometimes surprisingly hard, subtle work out, concentrating on alignment and posture as much as strength building, taking better care of our bodies so that we are less likely to become injured, keeping (or regaining) mobility.

Pilates originated from Joseph Pilates, the pioneer (he came from Germany, was in Britain before and during WW1 and went to New York where he stayed) who began and developed this fascinating system of conditioning and improving your physical (and as a result also I think mental) ability. Different teachers, some from the worlds of ballet and yoga plus other influences have taken Pilates to what it is today, always evolving.

I am a member of the Pilates Foundation, one of the highest standard Pilates organisations. I finished my training almost 2 years ago and am enjoying teaching this wonderful method which has helped me with back and knee pain and improved my strength and fitness.

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