



What is Pilates?

Pilates (named for founder Joseph Pilates in the 1920s) is a dynamic workout that focuses on strengthening the core and spine on a mat or on apparatus (equipment). Pilates exercises improve flexibility, posture, alignment and balance - and give the body a long, lean appearance.

Mat work is the foundation, and there are many pieces of equipment to further enhance stability, stretch, strength and stamina. The most popular is the “reformer,” which utilizes spring resistance and straps on a moving base. There are hundreds of challenging and fun Pilates exercises.

Pilates is a great counterpart to other types of exercises because it works small muscles and all sides of the body. It is a full-body workout that is low-impact on the joints.

Who is it for?

Pilates is for everyone! - People who sit at a desk working on a computer all day, people who are stiff and need to stretch, people rehabilitating from injury, athletes of all levels, runners with tight hamstrings, figure skaters, dancers, fitness enthusiasts, golfers, cancer warriors, and first-timers who have “always wanted to try Pilates.”

Why try it?

You will feel invigorated and inspired! There is a saying in Pilates that “you will feel better in 10 sessions, look better in 20 sessions, and have a new body in 30 sessions!”

Where should I go?

Muse Pilates! Nina is your experienced Trusted Expert, certified through Power Pilates in all levels and on all equipment. She is trained in kinesiology and injury rehabilitation. Nina will tailor your session to address your specific needs. Muse Pilates offers individual and group sessions on both mat and apparatus. Live and virtual sessions are available. Muse will also come to you! New studio opening in 2021! Send Nina your Pilates Trivia answers to nina@musepilates.com and receive a free introductory session!



Pilates Trivia! - True or false?

- 1. Pilates was created during WW1 to rehabilitate injured war soldiers!**
- 2. Lebron James, David Beckham and many other professional athletes do Pilates!**
- 3. Pilates is a full-body workout!**
- 4. Pilates is low-impact on joints!**
- 5. Pilates is different from yoga!**
- 6. Madonna, Jennifer Aniston and many other celebrities do Pilates!**
- 7. Pilates has been in the USA since 1926!**
- 8. Pilates includes ballet-inspired exercises!**
- 9. There are many types of Pilates apparatus besides the reformer!**
- 10. Pilates is about quality over quantity!**
- 11. Pilates works strength, stretch, stamina and stability!**
- 12. Pilates is a form of resistance training!**
- 13. Pilates movements are slow and controlled!**
- 14. Pilates is a great counterpart to other types of exercise!**
- 15. Sheila Zuieback is a Pilates lover!**

Bonus: Who is doing Pilates in the photo below?

Send your answers to nina@musepilates.com and receive a free introductory session!



Nina Smith, Esq.

Muse Pilates LLC

(602) 619-2948

nina@musepilates.com

www.musepilates.com