



The Power of Pilates versus Traditional Gym Workouts

Pilates is a form of body sculpting that empowers your core center. It is a strength and conditioning program that sculpts and tones the muscles and teaches the muscles how to work together for greater efficiency of movement. Pilates seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk.

When we think of Pilates, we think of it either as being done on a mat or done with the equipment. The major difference between the two is that the mat work emphasizes the core of the body, while the machines incorporate the core but also add an additional emphasis on the arms and legs. As a result, the equipment will give you a complete full body workout resulting in building a strong core while dramatically sculpting your arms and legs. You will be lengthening and toning the muscles with every exercise, without building bulk.

The equipment works with a spring resistance which increases along a continuum. As the spring stretches it becomes more and more taut. Working the muscles along a continuum builds long, strong, and supple muscles. In contrast, working out at the gym with weights or doing impact sports creates bigger, bulkier tight muscles.

Working with the equipment makes it an ideal workout for beginners or for the more advanced participant. For beginners, the springs act as abdominal muscles that you do not have yet and assist you in the movement. But, as you get stronger the spring assistance is diminished so that you do more of the work yourself. As you continue to diminish the assistance of the spring, it becomes a very challenging and intense workout.

Unlike weight training, Pilates exercises are complete movements that require many muscles to work at once, especially when done with the equipment, while weight training only works muscles in isolation. A one hour Pilates group class



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has been compared to a 4 hour gym workout and still you will not be able to get those long lean muscles that Pilates is famous for from your gym workout! Pilates works the body from the inside out.

Here at Laura's Ultimate Pilates we are a full equipment outfitted studio. We were recently awarded the 2011 "Best Health/Fitness Club of Coral Springs and Parkland" by the Sun-Sentinel. We offer both morning and evening group classes for beginners through advanced participants. One of the classes we offer is the Reformer/Tower Combo class. In this class,

you use a combination of these 2 apparatuses to work the deepest abdominal muscles while dramatically sculpting your legs, butt, arms, and back. It is a complete full body workout. You will leave this class feeling totally exhilarated!

We also offer Cardio Reformer classes. This class utilizes the Pilates jumpboard with dynamic energy infused motion and is perfect for those who want the benefit of cardio fat burning and body sculpting in one class. Another class that is offered is a Reformer/Tower/Barre Fusion Class, which incorporates the ballet bar to chisel you from head to toe, paying particular attention to hips, butt, and thighs that will be challenged to their deepest levels.

Private and semi-private sessions are available in our exclusive private training area for those who would prefer a more private, customized workout. We have specific programs that are geared for golfers and for the equestrians to give them the cutting edge in their sport as well as for those individuals who may have special health issues or concerns.



For a full class schedule and descriptions, visit us online at www.laura-ultimatepilates.com or contact us at 954-575-2121 for more information.