

# CLUB PILATES BARRINGTON

Club Pilates Barrington  
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## Club Pilates Barrington

**Welcome to the Club Pilates Experience!** We believe that Pilates is the path to a fuller, more satisfying physical existence. We believe that being in control of your body helps you to be in control of your life. And best of all, we believe that you can start anytime.

Born in San Diego in 2007, Club Pilates has expanded around the globe. Pure to Joseph Pilates' original Reformer-based Controlology Method, but modernized with group practice and expanded state-of-the-art equipment, Club Pilates offers high-quality, life-changing training at an affordable price.

No matter your age or level of fitness, there's a Pilates class that will work for you. Club Pilates studios feature a variety of apparatus, including TRX, Exo-Chair, Bosu ball, mats, rollers, and more.

Our instructors perform hundreds of hours of training to meet teacher standards so they can provide the highest quality Pilates workouts.

**Here are 7 reasons you should consider starting Pilates in 2022.**

**Strengthen Your Powerhouse:** Pilates trains your core (your "powerhouse"), unlike any other workout. A stronger core leads to better posture, a leaner looking stomach, and reduced back pain.

**Reduce Back Pain:** A strong core equals a strong back. That's why those with chronic lower back pain who practiced Pilates for just four weeks experience more relief than those who visited a physi-

cian and other specialists, says a Journal of Orthopedic & Sports Physical Therapy study.

**Go Easy on Your Joints:** Pilates' slow and controlled movements puts minimal impact on your joints. It's a perfect cross-training workout to balance a higher impact workout like running. The Pilates reformer has padding that is as thick as 10 yoga mats! It takes the pressure off your back and knees

**Improve Your Focus:** Pilates trains you to focus on 1) your breath, 2) your body, and 3) how they move together. It requires concentration. Your brain can't wander to things like work, bills, boyfriends, and other dramas for a full hour!

**Dominate Your Sport:** When you start training your core, you realize that all muscles are connected through your core. You physically cannot do correct lunges without strong abdominals. With a strong core, you can run faster, your yoga is on-point, and overall, your performance in any sport improves.

**Increased flexibility:** When you're tight, you shorten your muscles and limit your body's range of motion. At best, that can hurt your exercise performance. At worst, it can cause injury.

**Boost Brainpower:** Joseph Pilates called his workout method "the thinking man's exercise". Researchers believe Pilates may even hold potential as a treatment for people with brain-degenerative diseases and cognitive dysfunctions. We feel smarter already!

**Whatever reason you resonate with, there has never been a better time to get started with Pilates. Sign up for a free class now!**

### We are accepting new members with the following pricing:

- \$89 for 4 classes a month
- \$159 for 8 Classes a month
- \$199 for an unlimited classes per month
- \$59 Enrollment Fee (Waived with the mention of this article!)