

PILATES REFORMER SESSIONS



**“After 10 sessions you will feel better,
after 20 sessions you will look better and
after 30 sessions you will have a new
body”**

Joseph Hubertus PILATES

Benefits of Pilates:

- *Brings balance, strength and stretchiness to your body
- *Prevents musculoskeletal system problems leading to posture disorder
- *Creates greater body awareness
- *Supports the neutral spine position
- *Prevents both low back and back pains
- *Develops body alignment
- *Strengthens both sides of the body equally
- *Improves your daily performance
- *Prevents pains and posture disorders that exist amongst computer users

Instructors:

Korhan HONDOROĞLU (Pilates/Personal Trainer)

Bayrak ARIBURUN (Pilates/Personal Trainer)

- Private lessons will be given under the guidance of expert instructors of Turkish Gymnastics Federation
- Each session will be 50 minutes
- Participators are required to bring their own towels

