



Dear Clients,

Some of you may have noticed our teaching message for this season , **INSPIRE** , **MOTIVATE** , **EDUCATE** , hanging around the studio on various materials. I hope that these three words are something you experience within the studio over the next few months.

INSPIRE, means to literally " breathe life into" . As instructors, we know that accomplishing physical or wellness goals is a challenging process. For myself , I find inspiration in the stories that I hear from instructors and clients, where Pilates "clicks in" for them. What inspires you ? Is it because you feel better when you do more Pilates , is it the calm in your day/week? Or is it the athletic challenge of accomplishing the exercises, and learning how to move your body with more finesse and control? Whatever **MOTIVATES** you bring that into your session!

Everyday in the studio I witness people accomplish great changes in their bodies once they **APPLY** the information they receive in their practices. As a staff, we are committed to **EDUCATE**, you about your body , how to move , and how to improve and succeed in your athletic endeavors. All you need to do is show up to class with an open mind , and simply practice applying the information you receive! As you open up to what Pilates can give you , the reward is great! It makes all that concentration, practice , and effort worthwhile!

~~I wish you a wonderful winter , full of lots of "A-ha!" moments in your classes. Don't be discouraged with the process , know that you are building a foundation for your body to last your entire lifetime. See if you can let Pilates, "Breathe life into," your body , mind, or spirit? Try approaching your workout this way ,and let me know how it goes!~~

Lesley

Know Joe? *newsletter*

The Pilates Center of Pittsburgh

Do you know...

The Pilates Center of Pittsburgh

What “is” Pilates?

A brief history of the meaning of Pilates.

By Cecile Waltz

You might not know that I grew up on stage, acting, dancing, singing and etc. I first experienced Pilates in my acting workshops and used it later as a way to workout with broken bones. I was 13 when I knew, fitness would be my day job.

I was 18 and working my first fitness job at Curves. At the time I didn't distinguish Pilates from fitness, they were the same. So when we got an invitation to a fitness convention, I thought, "Do I take Kickboxing or Pilates or Step?" as if it were luck of the draw (and it was). I chose Pilates because the company offered all three levels of mat in a package deal and I was just a college kid looking for the cheapest one.

The training was Stott Pilates style and it gave me my first impression of what Pilates actually was. According to my new information, Pilates was about correcting alignment and posture while working your abs. I remember thinking after full days of practice, "if I do this for 8 hours *everyday*, I'll just be one giant ab!" The alignment and posture analysis portion seemed to be the most important thing about the method. To this day, I feel I learned the most about structure from that certification. Even my degree in Fitness and Wellness only reiterated what I had already learned.

About 8 months later, I was working at Oxford Athletic Club where I met an instructor from Core Dynamics. Whether she liked it or not, I made her my mentor for the summer. We had meetings and mini workshops, I took her classes and she observed mine and I learned a lot more about how to deliver a class or lesson and I learned what Pilates was... again. Pilates was "classical" or at least it was supposed to be. I found a "classical" continuing ed workshop and learned that Pilates was about "fixing people".

By now, my curiosity in apparatus training had grown so I continued my teacher training with PHI. Now, Pilates, once again was fitness. By the time I completed my Reformer Certification with PHI, Lesley Davenport was moving into her new studio, The Pilates Center of Pittsburgh. She was in need of teachers and asked if I could participate. We met earlier that year at Club 1; she new my background and while I had certifications from two contemporary companies, she how badly I wanted to learn the "classical" method. Lesley was also a Core Dynamics instructor and if I was going to be sharing a space and students with her, we both agreed that I needed to also be teaching "classical" Pilates.

After some research, Lesley suggested I consider Polestar or Power Pilates. Both were classical and each was founded by a professional "fixer". (Polestar was founded by a physical therapist and Power Pilates was founded by a Chiropractor.) All these ideas of what I thought Pilates "was" were coming together. I did my own research and found that both were tied

for number 1 ranked school according to the Pilates Method Alliance.

Before I knew it, I was on a plane to the NYC for Power Pilates Beginner Mat. It was the most invigorating and empowering experience of my Pilates life. "Power" in Power Pilates means "empower". Empower yourself, and empower your students. Over the course of my Power Pilates apprentice hours and into my Systems Level 1 training, I began to rediscover what Pilates was.

Technique, Flow, Cue. That's part of their teaching formula. In a nutshell, technique is the first few things your instructor says in each exercise. It's not very much, just set up, action and precision. What happened to alignment and posture and fixing people? Flow is getting the student moving or "continuous movement through the use of transitions". I knew Flow, Flow was a principle of Pilates found in all of my various teacher training experiences. (I like Flow.) Cue is what the teacher says to either correct or deepen the exercise once the student is flowing. With Stott and PHI and my taste of Core Dynamics, I used a lot of cues. So many cues in fact that the students couldn't flow, because I wasn't done fixing them first!

Power Pilates believes in a "systematic-integrative" approach to the classical method. Which means with proper progressions and appropriate cues at the appropriate times, students will fix themselves through movement! (Empowerment). Connected movement of course! Poor posture is primarily caused by a weak core (specifically the abs) and so by connecting to the core we are correcting posture! (Holy cow! The abs!) This "systematic-integrative" approach to the classical method gave purpose, organization and definition to all of my prior Pilates beliefs.

So what "is" Pilates? After completing all 3 levels of Power Pilates and teaching for 5 years under various perceptions, I believe Pilates is a method designed to create perfection of movement from the inside out. Everything I have ever experienced or thought about Pilates is covered under that statement. Pilates is a discipline and has become my life practice. No matter where my performing may take me, Pilates will always be my lifestyle choice and it will carry me through life with ease. I wish Pilates for everyone!

Do you... Know the News

Welcome, **Michele Rowland**, to

The Pilates Center of Pittsburgh faculty!

As our newest addition to the staff, Michele is currently going through her first level of teacher training and will be available for lessons at an apprentice rate. Drop-in to her Sunday intro class for only \$10 or schedule a private or duet for half the cost! Michele's 45 minute mat class, **Intro to Pilates** will begin in March. In April, Michele will be available for 45 minute private and duet sessions at the apprentice rate on Monday evenings and Saturday and Sunday mornings.

About Michele...

Michele comes from a biology background with a degree in Environmental Science. In 2007, she began taking Pilates to compliment training as a runner and increase her overall strength. As a result of her workouts and practice, Michele immediately experienced the overall benefits of Pilates to her physical and emotional well-being.

As a life-long believer in exercise enhancing one's health and attitude, Michele has begun the journey to learn more about Pilates and is anxious to share it with others through teaching. Her goal is to become certified as a Pilates Instructor and begin to help others to lead healthy and active lifestyles.



Announcements

Onsite Classes!- Did you know we offer onsite classes? The Pilates Center of Pittsburgh will travel to your office or event for a single or ongoing class. Contact the studio for details!

Pilates To Go! Worried your time away will ruin your routine? Try our new Pilates To Go Package. With this special package, your instructor will help you design your very own at home or on the go program.

Beginners Welcome! Tell your friends about our beginner specials posted on our web site!

Workshops and Events

On your Mark, Get Set, FLOW!- 10:30am-11am, 4/25/09 with Cecile

Getting Started- 11am-12pm 4/25/09 with Lesley

Lean, Mean and Limber Legs- 10:30-11:30am, 4/11/09 with Aubrey

Open the Gate for Better Breathing- 11am-12pm, 4/18/09 with Aubre

Tank Top Arms- 11am-11:30am, 4/25/09 with Cecile

Sign up online or in the studio! Space is limited.

www.thepilatescenterofpittsburgh.com



The Pilates Center of Pittsburgh
331 Castle Shannon Blvd., Pittsburgh, PA 15234
Phone: 412-341-1931 Fax: info@thepilatescenterofpittsburgh.com
www.thepilatescenterofpittsburgh.com

