

Athletes get

NO PAIN,

BIG GAINS

from Pilates



FOLLOWING MANY SEASONS of the no-pain, no-gain school of thought, professional athletes appreciate the holistic aspect of Pilates.

“I’ve got more motion in my shoulders, midsection and legs. I can repeat my basic swing more often. Pilates is going to add five, six, seven... years to my career.”

Rocco Mediate, PGA Tour pro

- Athletes with Pilates training achieve more efficient movement as well as better endurance and speed.

“Pilates is rejuvenating, restorative, invigorating, maybe because it gets the blood flowing through every inch of the muscles. It’s so internal. It puts you in tune with your body. It puts you in a different state.” **Rich Dalatri, New Jersey Nets strength coach**

- Dancers find Pilates complements training, improves endurance and flexibility.

“The basic principles which permeate Pilates are Concentration, Control, Centering, Flowing Movement and Breathing... it teaches the body to work harmoniously. This translates to increased strength... emblematic of a balance and integrity in the body and mind... an emphasis on awareness—a high level of body knowing.”

Nancy Stotz, MFA, Pilates instructor, certified Laban Movement Analyst

Call **410.992.5155** for more information or to schedule a visit to our studio.

LEARN PILATES THE WAY IT WAS MEANT TO BE TAUGHT—THE JOSEPH PILATES WAY.



www.lindaspilatescenter.com

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