

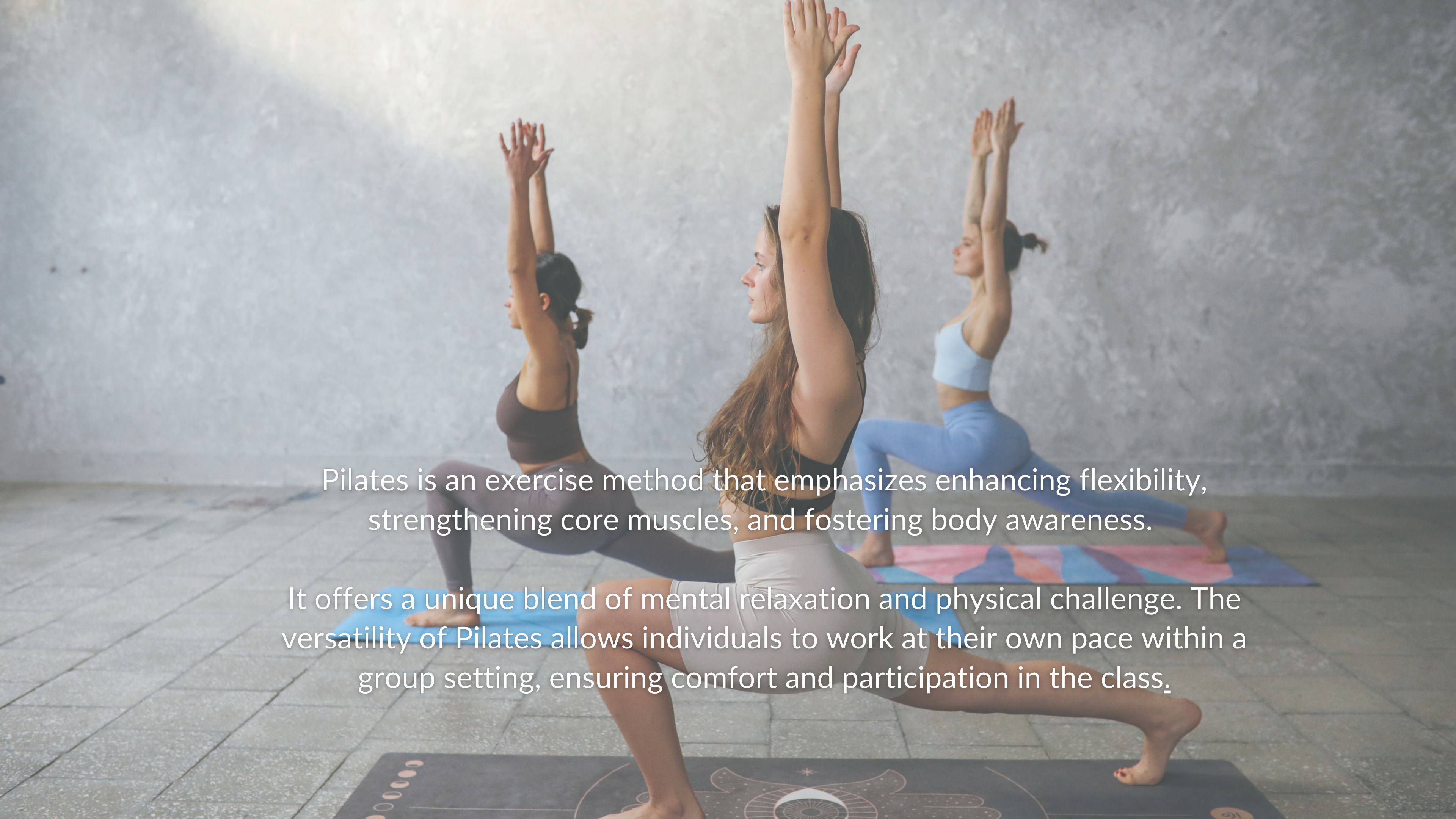
PILATES CLASSES IN EDINBURGH





PILATES

**What is
Pilates?**

A photograph of three women in a Pilates studio, captured in a lunge position with their arms raised. They are positioned on mats on a tiled floor against a light-colored wall. The woman in the foreground is wearing a black sports bra and light grey shorts. The woman in the middle is wearing a dark brown sports bra and purple leggings. The woman in the background is wearing a light blue sports bra and leggings. The scene is brightly lit, with a soft glow in the upper left corner.

Pilates is an exercise method that emphasizes enhancing flexibility, strengthening core muscles, and fostering body awareness.

It offers a unique blend of mental relaxation and physical challenge. The versatility of Pilates allows individuals to work at their own pace within a group setting, ensuring comfort and participation in the class.

HOW CAN PILATES HELP ME?



- **PILATES IS VERY BENEFICIAL TO YOUR PHYSICAL AND MENTAL HEALTH**
- **IT CAN HELP WITH MANAGING CHRONIC ACHES AND PAINS AND ALSO HAS A ROLE IN HELPING PREVENT INJURIES**
- **IT IS ALSO A GREAT WAY TO BUILD STRENGTH AND IMPROVE BALANCE AS WE GET OLDER**

**BOOK TODAY
PHSIO-LED PILATES CLASSES**

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