

STOTT PILATES®

— *Intelligent Exercise*

STOTT PILATES® employs ***progressive approach*** to creating a balanced and well-aligned body that looks fit, feels revitalized and moves with ease.

Respected by fitness and health practitioners worldwide, the STOTT PILATES® mind-body exercise system builds on the essence and principals established by Joseph H. Pilates' work by incorporating modern knowledge about the body.

This system focuses on being the safest and most effective programming available.

The aim of STOTT PILATES is optimal musculoskeletal performance — strength, flexibility and endurance — without risking injury or building bulk.

Each STOTT PILATES class is like building a house from the ground up. The foundation — the basic principals of core stability, pelvic and shoulder girdle stabilization, neutral alignment and breathing — are established in the first few exercises.

The subsequent exercises build on those principals, adding layers of difficulty for the body and the mind. As the participants *or builders* become more experienced, the first few bricks lay down quickly and more complex exercises are layered on top.

In other words, the successful STOTT PILATES participant layers the new movement on top of the core engagement of the previous exercise, challenging the body and building the essential mind-body connection.

Benefits of STOTT PILATES

Longer, leaner muscles
Core Strength and Stability
Injury Prevention
Relief from Stress and Back Pain
Better Posture
Improved Balance and Coordination
Enhanced Athletic Performance
Effective Post-Rehabilitation
Heightened Mind-Body Awareness
Increased Self Confidence

Experience STOTT PILATES with Sharon
Wednesdays at 6:15-7:00 a.m. and 5:30-6:15 p.m.

Common Questions About STOTT PILATES®

Why does it feel too easy?

You're probably not doing the exercises properly. There is a learning curve for STOTT PILATES, especially for participants who are conditioned with traditional exercise.

Often, smaller muscles can be neglected and other muscles can compensate weak areas. [In Pilates we zero in on those areas and focus on bringing them into harmony and balance with the rest of the body.](#)

It may feel like you're moving backwards, but you're really retraining your body to engage small and large muscles in a coordinated way.

It takes time, but once your body starts to get this lesson down, [you will notice the difference in every physical activity that you enjoy.](#)

Why don't I feel the "burn" that I get in my other fitness classes?

Traditional fitness classes focus on engaging the "big muscles," which is the most efficient way to get the heart rate up. Weight lifting tends to focus on isolation and working the main muscles of the body.

For the time you are in Pilates class — Let go of the "burn." Put your mind in the muscles of your core and focus on the engagement.

STOTT PILATES is a different way to exercise. The small muscles are just as important as the big ones. The muscles of the [core](#) work in a coordinated way to either stabilize or mobilize the body.

When you start reaching for the "burn" your body puts its energy into engaging the big muscles and neglecting the small ones, creating not only imbalances, but also taking the work out of the areas you are trying to target.

Why does the teacher tell me to slow down in many exercises?

The body has two types of muscles fibers — fast twitch and slow twitch. Fast twitch fibers respond to quick explosive movement. Slow twitch fibers respond to slower, more concentrated movement.

Many muscles, especially those that extend the upper back, simply won't respond. When you lift to fast, your body puts the work into other muscles like the chest and low back that are equipped to react quickly. This can create imbalance in your body.

Why is it so difficult to perform many of the exercises properly?

STOTT PILATES sometimes asks us to consciously control muscles that normally work subconsciously. With consistent participation you will improve the mind-body connection and gain a better understanding of the exercises.

Also, every STOTT PILATES exercise employs a balance of strength, flexibility, control and coordination. You may be very strong, but inflexible. You may be flexible in some areas, but not others. With pilates exercise over time, these areas become more balanced.

Can a class that "feels this good" really make me stronger?

Yes. Pilates feels good because it realigns the spine and strengthens the muscles that keep it properly aligned. This makes the exercises safe and remarkably effective. It also trains your body in a way that keeps you feeling better during all your daily activities.