


PILATESSTUDIO
GSTAAD



PILATES AND WEIGHT LOSS WORKSHOP

The science of weight loss is very simple: energy in vs. energy out. In order to lose weight, you need to burn more energy (kilojoules) than you consume. The Pilates method can support your weight loss efforts and create a leaner appearance:

- Pilates burns energy i.e. approximately 1260 KJ for a moderate 60 minute Pilates session
- Pilates can be performed like 'cardio' when breaks are minimised between exercises. If the exercises flow from one to another you can keep your heart rate high and burn more kilojoules
- It increases lean muscle mass which will increase your metabolic rate and consequently your potential to burn kilojoules
- Pilates improves muscle definition through resistance
- One of the best ways to look and feel thinner is to have beautiful posture. Pilates gives you a streamlined appearance by creating firmer, longer muscles without promoting bulk

During summer, The Pilates Studio will be running a '**Pilates and Weight Loss**' workshop. This workshop will teach you why Pilates should be an integral part of your weight loss program and tips on other ways to increase your energy expenditure and maximise your weight loss. You will also participate in a 'power' mat class which has been designed to help burn more kilojoules. Come prepared to workout!

DATE/TIME: Saturday 24th July 2010
15:30—16:50

LOCATION: The Pilates Studio Gstaad
The Gstaad Palace Hotel SPA
3780 Gstaad

PRICE: CHF 90.00

REGISTRATION: Required by Wednesday 21st July 2010

ADDITIONAL INFORMATION:

- This workshop is suitable for individuals with experience in the Pilates method.
- This course is limited to 7 participants. This ensures each participant receives personalised attention

To register or for more information please contact:

The Pilates Studio Gstaad
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