

Opening hours

Monday - Thursday	9:00	-	20:30
Friday	9:00	-	15:00
Saturday	9:00	-	12:00

Group Mat Classes

Day	Time	Level
Monday	09:00-10:00	Intermediate
Monday	18:15-19:15	Beginners / Intermediate
Monday	19:30-20:30	Intermediate
Tuesday	19:30-20:30	Beginners
Wednesday	19:30-20:30	Beginners / Intermediate
Thursday	09:00-10:00	Beginners
Thursday	18:30-19:30	Intermediate
Thursday	19:45-20:45	Beginners / Intermediate
Friday	09:00-10:00	Beginners / Intermediate
Saturday	09:30-10:30	Beginners / Intermediate
Saturday	10:45-11:45	Beginners

Prices

1 in-take session	€ 55,-	intake/ trial session
1 private session	€ 57,-	1 session
Private sessions	€ 550,-	10 sessions
Duet sessions	€ 400,-	10 sessions
Trio sessions*	€ 300,-	10 sessions
Group mat classes	€ 200,-	10 sessions

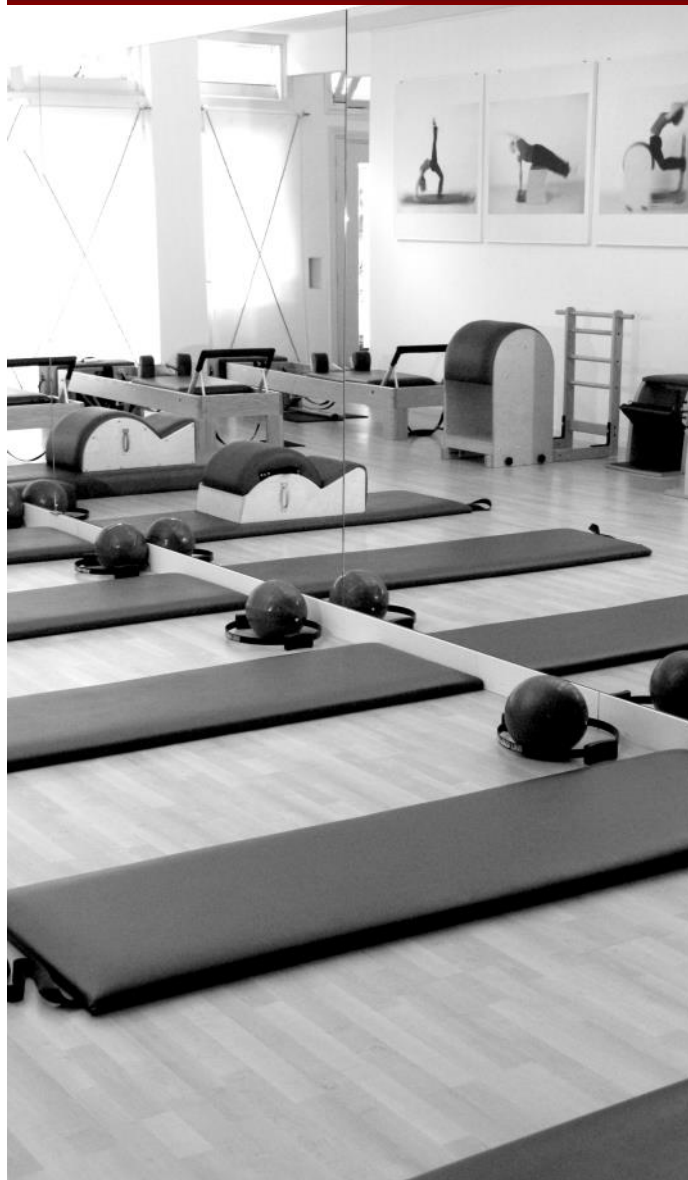
Duration of a session: All sessions are 60 minutes
 Cancellation policy: 48 hours in advance via phone (not via email)

10 session cards for mat class are only valid for 13 weeks.
 10 session cards for Private/duet are valid for 1 year.

* Trio Sessions starting from intermediate level

Pilates Studio
Palma Personal Training

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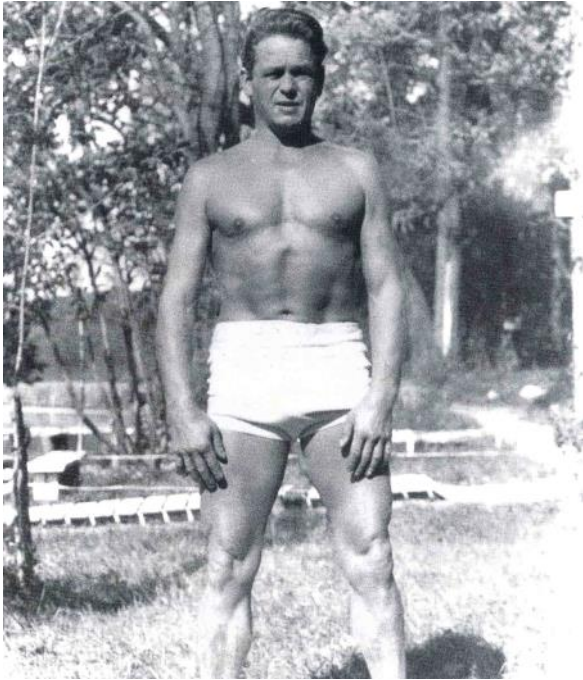
Exercise for a Lifetime



"The Pilates Method of Body Conditioning is complete coordination of body, mind and spirit.."

Joseph H. Pilates

Who was Joseph Pilates ?



*Joseph H. Pilates at age 57
from the Pilates Archives*

Born in Germany in 1880, Joseph H. Pilates had a lifelong interest in body conditioning. As a frail child dedicated to becoming stronger, he later grew to become an accomplished skier, diver, gymnast and boxer.

While interned in England during World War 1 for his German citizenship, Joseph became a nurse. During this time, he designed exercise apparatus for immobilized patients by attaching springs to hospital beds. This system formed the foundation for his style of body conditioning and specialized exercise apparatus, which he brought to New York City when he opened the first Pilates Studio in 1926.

Currently The Pilates Method is used internationally by individuals at all levels of fitness as well as by dance companies, Broadway shows, students at performing arts schools and universities, sports teams, spa clients and fitness enthusiasts at private health clubs and gyms.

What is The Pilates Method

Imagine an exercise program that you look forward to, that engages you, and that leaves you refreshed and alert with a feeling of physical and mental wellbeing. The Pilates Method of body conditioning will do all this ... and more.

Developed in the 1920s by the legendary physical trainer and founder, Joseph H. Pilates, The Pilates Method is an exercise system focused on improving flexibility and strength for the total body without building bulk.

The Pilates Method is not just exercise however, it is a series of controlled movements engaging your body and mind, performed on specifically designed exercise apparatus and supervised by extensively trained teachers.

Who can benefit from Pilates

The Pilates Method of body conditioning promotes physical harmony and balance for people of all ages and physical conditions while providing a refreshing and energizing workout. Because conditioning sessions are done one-to-one with a teacher or in closely supervised small groups, each session is tailored to your specific needs.

Regardless of your current level of fitness – from sedentary office worker to fitness enthusiast – The Pilates Method can be your primary mode of body conditioning and injury prevention. Recently discovered by physical therapists, chiropractors and orthopaedists, The Pilates Method of body conditioning can also be integrated into rehabilitative exercise and physical therapy programs designed to speed recovery of soft tissue injuries.

The Pilates Method can be safely used by pregnant women to learn proper breathing and body alignment, improve concentration, and recover body shape and tone after pregnancy.

What is the difference ?

Joseph H. Pilates designed more than 500 specific exercises using five major pieces of unique apparatus to develop the body uniformly. Instead of performing many repetitions of each exercise, Joseph H. Pilates preferred fewer, more precise movements, requiring proper control and form.

Because your mind is required to engage with your body to perform the movements correctly you experience a new awareness of muscle function and control. The “powerhouse” – abdomen, lower back, and buttocks – is supported and strengthened, enabling the rest of the body to move freely.

