



HONOLULU
CLUB®

PILATES

at the Honolulu Club



www.HonoluluClub.com

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What Is Pilates?

Pilates is a highly effective exercise system that was developed by the late Joseph Pilates around the 1920's. Pilates incorporates current safety exercise guidelines, emphasizing correct body alignment, core strength, stability and mobility of the body. Through the use of hundreds of exercises, Pilates is designed to restore the natural curves of the spine and rebalance the muscles around the joints bringing the body back into alignment.

What Are The Benefits Of Pilates?

- Longer, leaner muscles
- Increased flexibility
- Increases core strength and stability
- Improved balance and coordination
- Improves posture
- Helps prevent injury
- Relief from back pain and stress
- Increased athletic performance
- Non- impact for joint ease
- Heightened mind body awareness
- Compliments other forms of exercise
- Customized for a range of clients specific needs (pregnancy, elderly, men, women, prof. athlete etc.)