

# CORE CONNECTION PILATES

FEBRUARY 10, 2021

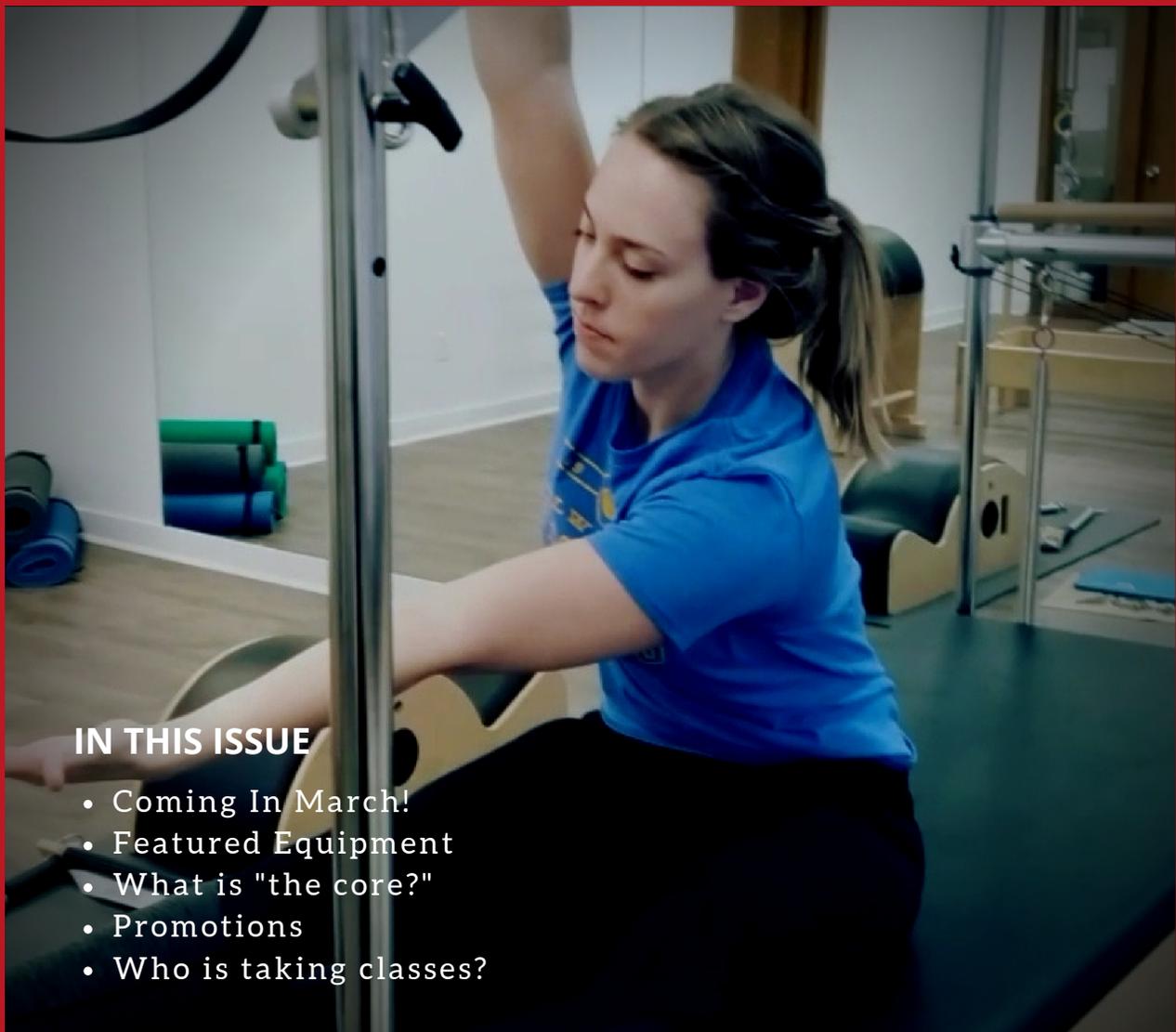
VOL. 2

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[www.kkcoreconnectionpilates.com](http://www.kkcoreconnectionpilates.com)

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## WHY DO WE LOVE PILATES?



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*Core*  
*Connection* PILATES

# CORE CONNECTION PILATES

## COMING IN MARCH

### *New Class*

The highest requested class is coming March 1!

Barre will start to be offered at the studio.

What is barre? It is a combination of dance and Pilates! Think Ballet Barre mixed with Pilates equipment. The class is done in rhythm to music with weights, therabands, magic circles, balls and other small equipment. Mat work and barre exercises will be combined for a 45mins strength, stretch, and cardio burn: High reps, low weight, and endurance training at it's finest!

Class is only offered in-house at this time. Meaning you must be a current client to sign-up. Kayla can assist you with registration.

If you are not a client, but interested in taking this class, please reach out! We plan to add more classes if there is enough interest for an added class or two!

Class will run for 4 weeks March 1-22.  
Mondays 4:30-5:15PM  
\$40.50/Session for current clients



## FEATURED EQUIPMENT

### *The Trapeze Table*

Core Connection Pilates has had the "Cadillac" since September of 2019. Many of you have had the opportunity to explore the many different facets this apparatus has to offer.

Since the term "Cadillac" was already coined for the famous car, the name of this apparatus had to be legally trademarked as the Trapeze Table back in the 1940's.

This piece of equipment, rather large, mimics a bed with springs attached from above and below. Equipped with a moving push through bar and roll down bar. This piece of equipment is a great assist for challenging exercises performed on the mat, and it offers many of it's own challenges for other exercises not performed on the mat. Such as hanging exercises, standing exercises, and arm work.



# CORE CONNECTION PILATES



## ~THE CORE~

*What is the core? and Why do you care?*

You probably heard the phrase "engage your core!" But what does that mean? And what muscles make up the core?

The core acts as a stabilizer for our entire body. Our legs and arms are able to move freely because we have support from the center of our body. The core allows us to twist and bend. It helps us get out of bed in the morning and reach down to tie our shoes. The core involves both our back and front muscles. They allow us to stand upright and not fall over.

The muscles of the core are 4 major muscle groups: The transverse abdominis, the pelvic floor, the multifidi, and the diaphragm.

The core aids us in our breathing. It stabilizes us with every step we take, and it connects our entire body to our center of gravity.

Every person will have a different description of what the core means to them and how they utilize it for their work, fitness, and daily life.

Most people become aware of their "core" when they experience back pain. Although back pain can be caused by an unlimited amount of reasons; sometimes the simplest one is a weak core.

## THE CORE CONT...

The more we can engage and find our core muscles the better aligned the body becomes and the more balanced the body is.

We can train our cores from simple exercises such as breathing practices, and pelvic placement movements. Sometimes becoming more aware of when we are out of alignment helps us better understand when we are in alignment.

The best place to start in Pilates to learn about your core is on the Mat.

Classes happen Monday/Wednesday 6:30PM and Sundays at 10:30AM.

Location: Core Connection Pilates. 1210 S. 10th Street Sheboygan, WI 53081

Start training your core early to prevent injuries and avoid unnecessary pain.



## CORE CONNECTION PILATES



## Who takes classes at Core Connection Pilates?

- Men and women
- All ages
- All levels
- All body types

## MAT CLASS PROMOTION

*February 10-14*

**Online ONLY!**

[www.kkcoreconnectionpilates.com](http://www.kkcoreconnectionpilates.com)

## Why do we love Pilates?

- Helps us sleep better
- Makes us stronger
- Better Circulation
- Active Recovery/Low Impact
  - Gain flexibility
  - Stress relief
- Improved Coordination and concentration
  - Breathe easier
- Anyone can do it

