

CORE CONNECTION PILATES

SETTLING-IN TO OUR NEW STUDIO SPACE!



**THIS MONTH'S NEWS
AND UPDATES:**

**Why does it feel so
good?!**

PILATES FOR BEGINNERS

**Our Most
Accessible Class**

~OUR OASIS~

WHY DOES IT FEEL SO GOOD?

....Everyday we hear around the studio, "It feels so good!"...

Why does Pilates feel so good?!

Pilates offers a great blend of strengthening and stretching that is almost deceiving to the body that it is *actually* working.

The exercises are meant to be done precisely and with a limited number of reps. You aren't meant to be working your body to fatigue, but instead working to understand and isolate the muscle groups. Keeping the whole body engaged and involved, but with just the right amount of tension necessary, if at all! Stability is a major part of Pilates and gaining the understanding of stability verses mobility can be a tricky concept at first. But regardless - it feels go good!

PILATES FOR BEGINNERS!

Where do you start?

Core Connection Pilates suggests Mat Classes as a starting point and a great pre-requisite to all other classes.

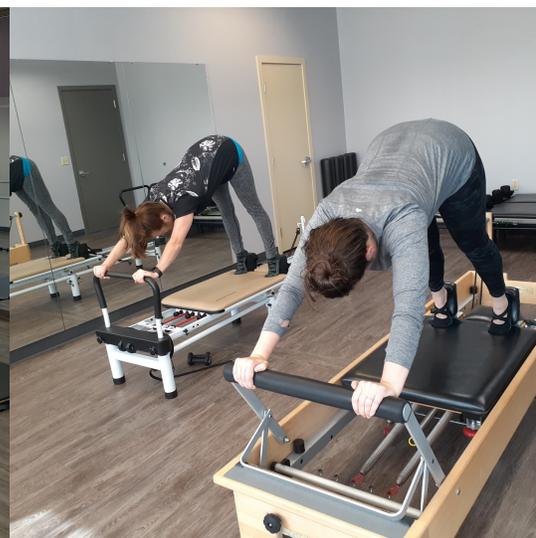
Mat gives you a chance to work on body mechanics, alignment, posture, and proper placement. Kayla breaks down the movement patterns and gives detailed instruction throughout the hour. Setting you up for success and providing information about breathing, imagery cues, and exercise patterns that will carry over into one-on-one sessions and equipment classes.

Repetition is good for the mind and the body whether you are a beginner or advanced mover - coming into a Mat class will give you a chance to revisit familiar exercises and train for new ones.

Client Review

"This place is amazing. Kayla is so great at making sure you get the best work out for YOUR body. She will help with modifications and notices when things are tight or not feeling right in your body and helps you work through them. Also the Barre classes are so much fun!"

-Amber Helmke



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Core Connection PILATES



OUR OASIS!

We especially love our private room for small group reformer classes and one-on-one sessions.

This is a new experience from our last location!

We can't deny how much livelier the street view is and the increased foot-traffic, but there is a whole new energy from working in this intimate setting while connected to the downtown vibe.



MOST ACCESSIBLE CLASS:

~Mat~

Offered:

Monday/Wed 6:30PM

Sunday 10:30AM

Why?

- It is available both online and in studio!
- It only requires YOU. (No equipment nor props)
- You can drop-in!
- No need to reserve in advance. Just come to 532 N 8th Street at the start of class. OR click on our link at the start of class accessible on our website.

What is Mat?

It's a series of exercises to build strength, flexibility, body awareness, and retain better posture.