

SEPTEMBER 2021

CORE CONNECTION PILATES

532 N 8TH STREET SHEBOYGAN, WI 53081

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have to offer?



Core Connection Pilates
532 N 8th Street
Sheboygan, WI 53081

www.kkcoreconnectionpilates.com
classes@ccpilates.studio



DO YOU SPIRAL?

If you have been in one-on-one sessions with Kayla; you are already familiar with rotation of the rib cage and spine.

Although, if you haven't, one of the main purposes for spiraling is to build abdominal strength and to gain understanding of pelvic stability.

When done properly, it can be an extremely challenging exercise and one that will be felt instantly!

Pilates gets at full body mechanics and an intellectual understanding of the work when performed properly and with attention to detail.

One-On-One sessions make sure you get the most out of the exercises and to create full body awareness.

Appointments can be booked online:
www.kkcoreconnectionpilates.com

- ~Single Session \$60
- ~4 Package for \$220
- ~8 Package for \$400



WHO DOES PILATES?

Pilates is mostly safe and has minimal risk due to low impact exercises. It is used in rehabilitation centers to elite performance centers for highly trained athletes.

Joseph Pilates was a German man who started his practice training men. Once he moved to NYC he developed his practice further through training The New York City Ballet dancers.

The practice continues to develop through Pilates' lineage of students and studios they created. Pilates is great for people 10-100 years old. It is designed to be done every day as a movement practice and to stretch, strengthen, and align the body.

A great place to start with Core Connection Pilates is in studio or online in a Mat class or through one on one sessions.



Core Connection Pilates

Beyond Pilates

- Apparel for Sale



- Gift Cards For Sale



- Adult Ballet Classes

- Preteen Acro and Ballet

- Kids Dance Crew



- Online Classes with Kayla



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