

Pilates on a Mat or on a Reformer?

Both Mat Pilates & Reformer Pilates workouts provide similar benefits.

- Strengthens Abdominals
- Improves Posture
- Promotes overall body awareness
- Strengthens Muscle
- Improves Flexibility
- Tones body
- Makes you Taller!



For most of you that have been coming to Focus, you may be used to the support of being on a Reformer. Its' springs and straps work together to enable your body to move a bigger and fuller range. Additionally, helping to prevent injury in movement and teaching your muscles new habits!

While doing Pilates on a mat may not seem as fun or challenging as on a Reformer, Mat Pilates is a great option for beginners because of its emphasis on learning to control the muscles. In a Mat class, you will learn to use your own body to move through the work and exercises. Instructors may also include using of props such as foam rollers, spine correctors, release balls, therabands, magic circles and much more to add on to the mat experience!

In Focus, we offer mat classes as well and if you haven't yet given it a try, do come check them out! Come learn how to support your own body without the use of the reformer, feel the difference and challenge your range without all the support. Why not make it a new pre Christmas challenge!

- *Georgie, Pilates Instructor*

Do you know?

If you join our Mat Pilates or any Matwork class with your existing Reformer/Equipment package, you will get \$10 credited back to your account.

We have regular Mat Beginner class on Monday morning 7.30am and Mat Intermediate on Wednesday morning, 7.30am. [Click here](#) to book in to a class now!

