

Power Pilates

Power Pilates provides a unique fitness experience while stimulating increased mind and body coordination. TELOS' Power Pilates instructors work as an integral part of the TELOS Fitness Services Team to get the best results in the least amount of time.

PRIVATE PILATES TRAINING:

The TELOS Pilates Studio specializes in semi- and private training which integrates the use of all the apparatus' and mat work. Our staff is dedicated to providing the Classical Style of Pilates through the New-York based POWER PILATES Certification Program.

PILATES MAT CLASS: You will learn the traditional system of sequencing floor work. Pilates teaches you to initiate movement from your "Power House," a term used for the musculature in the lower abdominals, low back, glutes and inner thigh. The results? A longer, stronger, more balanced body!

TOWER CLASS: Use the springs and other auxiliary equipment to challenge your body in new ways to lengthen, strengthen and articulate your spine.

TOWER/MAT Fusion: This Pilates class integrates the use of the Pilates Tower equipment with the mat work to deliver a unique and effective total body workout.

PILATES ON THE BALL: Add a new challenge to your mat work using a Resist-a-ball.

REFORMER CIRCUIT: Previous experience on the Pilates equipment is highly recommended. A unique group Pilates equipment class that takes you through a thorough workout on all the Pilates apparatus including Tower, Reformer, High Chair and Mat.

To schedule a private session please contact the Service Desk or call 972.386.2582.