

## **JETSTREAM PILATES COURSE- sign up now!**

Jetstream has organised a Pilates course for members. So what is Pilates and why should you do it?



As a triathlete, you may have heard of Pilates, but you are not quite sure what it is or why it is so important. Pilates is a mind/body exercise method that is designed to give you strong and flexible muscles without adding bulk. It focuses on strengthening the core stabilising muscles of the body, including the pelvic floor, deep abdominals, buttock muscles and the muscles that support the shoulder girdle and rotator cuff. At the same time, it works on increasing the flexibility of the larger, tighter, major muscle groups, which are in most instances overused, to create a more balanced body.

The philosophy of Pilates is to retrain the body to use muscles more efficiently and save energy. Triathletes train many hours a week in the three disciplines. If they are not using the right muscles, an earlier onset of fatigue will cause their stroke or stride to suffer. Pilates re-trains the body to work efficiently, with minimal effort. Stamina and co-ordination are improved as the body comes into better balance and alignment.



### **Details of the Jetstream course are as follows:-**

- 8 week course on Thursday evenings 20:15- 21:15
- Starts Thursday 12<sup>th</sup> January 2012
- Cost: £5 per class i.e. £40 for the 8-week course
- All levels, including beginners are welcome to attend
- Venue : Hall at rear of free car park in Hatch End. See website for map

### **To book your place:-**

We are paying a qualified Pilates instructor for this course and need members to commit to the whole of the 8-week course.

If you are interested in attending, then please e-mail Michelle Ashwell on [merchandise@jetstreamtri.com](mailto:merchandise@jetstreamtri.com).