



Body Mechanics

Pilates Basics

The Every Body Balance Way

Saturdays 9:45 am

A Functional Approach to Health and Fitness

Through our innovative training methods you will learn how to safely build muscle strength, activate the core, increase flexibility, improve joint stability and remain injury free. You will improve your posture, reduce aches and pains, learn to stand, sit and move with economy, grace and balance through specific exercises that address proper body alignment. With the tools we provide, you can improve your performance in any sport and in life. By firing your muscles in proper order and becoming aware of your body's correct alignment we repair the damage done by everyday life and work. Through correct breathing you can learn how to relax, re-energize, and move more efficiently.

Come join us for Body Mechanics "Pilates Basics". Learn the tools to feeling good: a stronger and more mobile spine, longer, leaner muscles, improved stamina, coordination, flexibility and balance.

508-485-8585

www.everybodybalance.com

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