

Lesson description 2024

Pilates Matwork “Classical”

Pilates is a holistic and systematic physical training, in which especially the deep, small and mostly weaker muscle groups are addressed, which should ensure a correct and healthy posture. The training includes strength exercises, stretching and conscious breathing. Ideal basis for any kind of sport. In this lesson we will use small equipment such as Power Circle, Toe Corrector and Small Barrels in addition to the classical and traditional mat exercises.

Mat & Barrel

Experience the perfect balance of strength and flexibility in our exclusive Mat & Barrel Pilates class – a workout designed not only for women but specifically tailored for men! Dive into a world of full-body training where dynamic mat exercises seamlessly merge with the shaping elements of the Small Barrel and the Spine Corrector. This unique experience not only enhances your core stability but also elevates your flexibility to a new level – an invaluable advantage for sports activities like skiing, cross-country skiing, and golf. Join now to embark on a new dimension of fitness with our Mat & Barrel class!

Reformer (4er)

Reformer Classes are small group classes working on a training equipment with springs, which offers resistance and assistance, allowing you to take your body to the next level. Our Reformer Classes are levelled by ability, from Beginner to Advanced, as well as Teacher’s Reformer Classes. This levelling ensures that you work to your body’s ability whilst learning the exercises with proper technique so that you reach your full potential. As our classes are limited to only four students, the highest quality tuition is provided but with the fun and camaraderie of a group class! Come and learn about this fabulous piece of Pilates equipment!

Reformer / Silver Swans (4er)

Embrace the Joy of Movement!

For ladies and gentlemen of all ages, who want to actively and vibrantly embrace their life experience. Discover the transformative power of the innovative equipment with springs. In small groups of up to 4 participants, we offer personalized attention and targeted resistance for enhanced physical strength and flexibility.

No age limits - experience true strength and joy in life through Reformer Pilates.

Come and enjoy the graceful movement, improved posture, and an inspiring training atmosphere!

Wunda Chair (4er)

The Wunda Chair is a traditional piece of equipment created by Joseph Pilates. The exercises can be performed lying, sitting or standing on the chair. It is ideal for the advanced Pilates client, who would like to be challenged in Shoulder and Leg Stability. The choice of exercises is very large and offers a lot of variety. Balance and coordination will also be required. The training is very intensive and brings some challenges.

Fascial / Functional Fitness

In this Fascial Fitness and Functional Training Class, we will combine the elements of a fascial fitness class with the components of a functional training class. Fascial Fitness elements include rebounding (light jumping), active stretches and melting stretches whereas in the functional training section we will do various squats, lunges and planks focusing on proper form and alignment. This combination will not only strengthen your arms and legs it will increase core strength, improve circulation, balance, posture, flexibility and make everyday tasks easier. All Levels are welcome!

Exclusive offer for companies

We have developed an offer for companies to meet the changing needs of the health-conscious population. Your employees train simultaneously under guidance either at our studio (up to max. 5 persons) or at their home (home office) via live stream. The training refreshes, strengthens the muscles as well as the immune system. Every week we reserve exclusively for you and your employees the desired times. We recommend between 45 to 60 minutes/lesson. Our classes range from Pilates, Stretching, Rolling, Fascial Fitness, HIP-Pilates to Strength and Endurance and can be tailored to your individual needs. Lesson languages are English and/or German. Contact us: info@pilateswerkstatt.ch

***Training Levels:**

Level I Beginner

The basic exercises are learned completely new / no previous knowledge

Level I-II Basic

The basic exercises are taught more fluently

Level II Intermediate

Regular course attendees / masters all basic exercises with flow

Level II-III Advanced

Long-term & regular course attendees / exercises become more complex

*It is rare that all participants have the same experience. All our instructors teach multi-level to challenge each individual.