

PILATES FOR MEN

the intelligent solution for strength, posture, balance, flexibility and endurance



"equilibrium is a fun and comfortable place to build a better body"

— David Sherman

"pilates has given me the stamina and core strength to work 18 hour days"

— Dr. Daniel Snower

"since starting pilates two years ago my back pain is gone and I am playing golf"

— Scott Behrmann

"I improved my flexibility and core strength at equilibrium"

— Ira Newble, former NBA guard Cleveland Cavaliers



Pilates is often misidentified as a women's exercise. Pilates was designed for men by a German gymnast and boxer named Joseph Pilates. Pilates emphasizes the development of your core muscles: the spine, abdominals, hips and lower back. Pilates is an intelligent way to work these muscles so that you improve the quality of your daily activities, regardless of your age, profession, or current participation in sports and exercise.

You will see and feel the difference.

Your certified pilates instructor at equilibrium will also offer some TRX for sport specific cross-training.



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visit www.equilibriumstudio.com to schedule your class online or call 248.723.6500
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