

## **Power Allegro**

Class on the professional Pilates equipment called Allegro-Reformer or Reformer. The class is for people who have practiced the method on the reformer before. New people can prepare to work in this group after taking a few individual classes previously.

Reformer is the original equipment created by Joseph Pilates, which looks like bed. During class one work on uniform muscles development, strength of the center (abdominals, buttocks and back muscles mainly).

Exercises are performed in very different positions (like: lying, sitting, kneeling, side sitting and standing positions). It allows to reach and more strengthen particular parts of the body. The class is dynamic and fluent. Requires a knowledge of exercises is concentration and understanding of the work with this type of equipment. Power allegro gives excellent results, good mood and deeper understanding of movement. The class intended for people who want to develop the work on their body, overcoming resistance of the springs and thereby learning other dimension of the movement and get to know their own possibilities.

## **Magic circle & powerhouse exploration**

Class on the mats with use of magic circle. The class for people, who have practiced the method before. Magic circle is original tool created by Joseph Pilates and the main target of magic circle is to strengthen the center. Exercises with circle simplify to reach deeper layers of muscles. The circle is great to tone the legs and the arms. In addition, the circle helps to strengthen and improve elasticity of muscles and makes the body more resilient. Class intended for people who like effort.