

# What Is Pilates?



STOTT PILATES® is a contemporary approach to the original teaching of Joseph Pilates. Pilates is the optimal way to achieve strength, flexibility, and proper body alignment. STOTT PILATES® method comprises more than 500 exercises performed as a mat-based workout or using special equipment. The central concept of STOTT PILATES® is strengthening the core of the body – deep abdominals, lower back, and muscles around the spine. As a fully equipped Pilates facility, Pyour Core offers more options for Pilates workouts than any other facility in the area. The Pyour Core team of Pilates trainers are fully certified & experienced on all Pilates equipment. Our Pilates trainers also hold specialized and extensive certifications in Athletic & Sports conditioning as well as injuries and special populations including neurological disorders for rehab.