

MEET OUR INSTRUCTOR



Alex Strano, our Pilates instructor, has been an ACE Certified Personal Trainer since 1991, and a Licensed Massage and Bodywork Therapist who graduated at BTI in 2005. He has diverse experience in teaching private clients and groups in the disciplines of Yoga and Pilates mat and

apparatus. Thus, Alex brings an understanding of the importance of proper breathing and mind-body connection to his Pilates "Core Strengthening" expertise. During his years working at the Wellness Center, Alex has been able to work with different populations including those with chronic vascular disease, obesity, osteoporosis, scoliosis, fibromyalgia, and back pain. "My goal is to have my client performing all the prescribed exercises with control, proper alignment, and connecting each movement with the breath". Alex Strano

WHAT PEOPLE ARE SAYING...

"Pilates offers a challenging workout for everybody and EVERY body. Diagnosed with Rheumatoid Arthritis in 2008, I felt physically limited in my prognosis. Pilates changed that. It increased my body awareness, returned my flexibility, improved my range of motion, and introduced me to strength I never knew I had". Natalie Dekle, member

"Pilates has realigned and strengthen my body, improved my posture and increased my awareness of all my physical movements. Alex's watchful eye and expertise have allowed me to progress as he introduces new and more advanced exercises – even after a year of working together. An added reward is that friends and acquaintances also notice improvement in my walk and movement". Virginia Saam, member



POLICIES

- Medical history must be completed prior to training
- Fees are paid prior to service
- Cancellations and re-scheduling requires 24-hour notice or client will be billed for that session.

Questions and comments may be directed to Kathy DeBlasio, Lifestyle Enhancement Director, (919) 843-2161



WELLNESS CENTERS
MEADOWMONT

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Pilates PROGRAM



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WHAT IS PILATES?

Pilates exercises help strengthen core abdominal, back and hip muscles uniformly so they support and balance the spine in order to maintain proper posture. Pilates is performed maintaining a “neutral spine”, which is the way the curves in our spine should be when they are properly aligned, in order to maintain spine health and prevent injury.



PILATES OUTCOME

Commitment and consistency will help you reach your goals. This is the ideal program for anyone wanting to get his or her body leaner, stronger and more flexible than ever before. Our goal is to provide a supportive, hands-on approach to increase both your awareness and your results! Participants of all ages and fitness levels are welcome.

PILATES BENEFITS CAN INCLUDE:

- ▷ Increased muscular tone and endurance
- ▷ Combined strength with flexibility
- ▷ Developed balance and coordination
- ▷ Improved posture and alignment
- ▷ Improved core strength and stability
- ▷ Refined athletic performance
- ▷ Heightened body awareness
- ▷ Relieved stress and back pain
- ▷ Injury Prevention

THE REFORMER

The Reformer apparatus provides an effective, low-impact, resistance-based therapy session that is friendly to joints. In addition, regular Pilates practice improves strength, flexibility, balance, control, and muscular symmetry. People who practice Pilates on the Reformer regularly notice their body moving more efficiently just after a few sessions. The series of rhythmic exercises promotes elongated and toned muscles, and is noted for turning the abdominals, lower back, and hips into the body’s powerhouse.

The exercises performed on the Pilates Reformer are not only used to improve fitness, in fact, they are also widely used for the rehabilitation or post-rehabilitation process after injury. Programs are designed to bring mobility back to the body through less vigorous, slow, concentrated effort. This makes the Reformer safe and easy for anyone to use.

WHAT IS A SESSION?

Introductory sessions include a postural assessment and focus on basic exercises to assess overall flexibility and strength, while the use of breathing techniques will be encouraged to help the mind-body connection and focus. A lot of emphasis is also given on maintaining proper body alignment throughout the entire workout. Additional sessions build upon fundamental movements that further strengthen and lengthen deep muscle fibers and the connective tissue.

THE COST

PACKAGE	MEMBER	NON-MEMBER
1 SESSION	\$65	\$77
FIRESTARTER	\$180	\$N/A
6 SESSIONS	\$372	\$438
12 SESSIONS	\$702	\$834
24 SESSIONS	\$1,326	\$1,572



PILATES FUSION

Pilates Fusion is the combination of Pilates core strengthening, yoga, balance and flexibility, and whole body strengthening exercises, led by Alex Strano, MA, CPT, LMFT.

The goals of this once a week training session are to strengthen core, improve static and dynamic posture and balance, and increase body awareness and strength. Class will be held once a week in the PT gym. Participants will receive detailed instruction on their form as they are led through a full body workout. This class is for all levels of exercisers.

THE COST

PACKAGE	MEMBER	NON-MEMBER
1 SESSION	\$15	\$20
6 SESSIONS	\$75	\$95

GETTING STARTED

To begin your Pilates Reformer program please call Alex at **(919) 843-2176x3**. To sign up for Pilates Fusion please visit the front desk or call **(919) 966-5500**.