

What is Pilates?

An exercise system developed by Joseph Pilates to strengthen muscles, increase flexibility and improve overall health. Exercises are performed on a mat and on specially designed equipment.



According to Pilates trainer AUDREY D’COTTA: “Pilates targets the muscles of the whole body, but is particularly associated with the core muscles – the transverse abdominis, the multifidus, the pelvic floor and the diaphragm. Core muscles affect the body’s ability to stabilise the spine, which in turn affects one’s ability to move with power and efficiency, ease and grace. As Pilates teaches you to move better, it improves your performance in any activity.”

Pilates is good for anyone looking to strengthen the core, improve balance, improve coordination and decrease stress, she adds. Its exercises are relatively safe, low-impact and appropriate for anyone from 10 to 100. Increasingly, health professionals are recommending that their clients do Pilates in order to rehabilitate after injury.

What is Gyrotonic?

Developed in the 1980s by ex-ballet dancer Juliu Horvath, the Gyrotonic Expansion System incorporates movement principles similar to those of yoga, dance, gymnastics, swimming and tai-chi. Its circular and fluid movements stretch and strengthen muscles and mobilise the joints.



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“Gyrotonic exercises require whole-body involvement, including engaging the core muscles,” says Audrey. The workout takes the body through seven basic movements that can improve fluidity, rhythm and coordination, and it’s especially beneficial for golfers and tennis players with rotator-cuff problems. Gentle on the joints, it stimulates the muscles and the internal organs, with proper attention to the breath.

The Moving Body
11 Unity Street
#01-23/24 Robertson Walk
6235 1051

NEW Branch!
1 Fifth Avenue
#03-09 Guthrie House
6469 3870

themovingbody.com.sg