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TRAINING



PILATES REFORMER TRAINING

EFFECTIVE PERSONAL TRAINING

The Pilates Reformer developed by Joseph Pilates is an extremely efficient training device and offers an almost unlimited variety of exercises.

Flowing, controlled movements are carried out precisely on a horizontal, sliding seat, accompanied with cable pulls and spring resistors. The deeper lying muscle layers are trained and strengthened, while simultaneously stretching the whole body.

Imbalances are thus adjusted, allowing the belly, waist, legs, buttocks and arms to be exercised in a unique way.

With a personal training on the Pilates Reformer, you will enjoy an intense complement to the classic mat training.

60 min. personal training 110€
10-class card (11th visit free) 1,100€

Booking through info@studio12-munich.com

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