

"The human body is a machine that moves, in different phases and rhythms... Don't stop!"

Pilates is a method suitable for all people who are 7 to 100 years old, sedentary or athletes.

The practitioner starts by correcting the posture and making the student be aware of their body.

The Pilates method consists of observing your student and understanding what their needs are, adapting the exercises to fit their needs for more than satisfactory results.

The individual is able to have full control over his or her body. Joseph Pilates calls it Centrology which stands for: **Concentration , Control , Precision , Center , Breathing and Movement, Fluidity.**



Pilates is the complete coordination of Body,  
Mind and Spirit"

Joseph Pilates

Brazilian Alessandra Pinheiro, Physical Education Teacher, has 28 years of experience in teaching in the various sectors of this profession, and has 15 years of experience serving people in the practice of Classic and Contemporary Pilates.

I worked in Brazil - São Paulo with many people of different ages, children to the elderly, men and women, and even pregnant women.

I had classes in schools, clubs and Pilates studios, and even my own private studio. These experiences taught me everything I need to know to make sure the student not only gets fit, but learns more about their body and mind.

# As a Physical Education professional

We have the principle of making our students have a better quality of life exercising so that the body and mind always remain healthy.

And with the practice of Pilates, and its concept “body, mind and spirit”, this principle of making the student enjoy good health, became even more intense.

In my experience as a teacher, I have been able to identify the difficulties that each individual student presents to me, thus being able to work respecting their limits, and developing the student so that he or she has complete knowledge of their body, and of its limitations so that they can acquire better habits and changes to both physical and mental health.

Pilates is a method that uses stretching techniques to tone muscles and realign posture. The goal of pilates is for the student to seek union between their body and mind.



Classes are at Studio Ale. Each session has maximum of 2 students per class so the student has a more personalized experience.

Examples equipment used in each class

- Reformer with trampoline
- Chair
- Ladder barrel
- Wall Unit + tower ba
- TRX
- Columpio
- And other various accessories

Personal class: Has a maximum of 2 students per class with 100% follow-up in the execution of each guided exercise. I guide each student to practice different exercises in the class, always respecting the limits and needs of each person.

**Preventive  
Pilates**

**Pilates for  
pregnant woman**

**Functional Pilates**

**Interconnected  
exercises :**

**localized exercises ,  
aerobic ( HITT),  
Stretching and  
Pilates .**

**Pilates Rehabilitation**

It focuses on efficient movements with adequate loads, for students with chronic pain, knees, hips, shoulders and cervical spine.

# Prices and operating rules

- ◆ Experimental Class -- \$ 20,00
- ◆ One class ----- \$ 30,00
- ◆ Four Classes ----- \$ 95,00
- ◆ Eight Classes ----- - \$180,00
  
- ◆ Bioimpedance assessment and body analysis - \$ 40,00
  
- ◆ Myofascial loosening massage - 30 minutes ----- \$ 40,00

All payments for services must be made on schedule .

- ✓ Zelle - ( 470 ) 494 8150 - Head Coach
- ✓ Venmo - @Alessandra-Pinheiro
- ✓ Cash / check

1. It is the students contracting responsibility to notify up to 6 hours in advance of their absence from the scheduled class.
2. After this period, the class will not be able to be replaced and the tuition will be considered given and will be deducted from your tuition.
3. All acquired classes will be valid for 45 days. To run the classes, after this period, the student must hire another package of classes, thus recovering the previous classes that have not yet been performed.
4. These classes are cumulative for the period of 1 year from the acquisition of the first package.

5- The scheduled experimental class, and the non-attendance with notice of 6 hours before the class, the amount paid will **not be refunded.**