



ALASKA CENTER FOR ACUPUNCTURE

Presents:

Pilates: Finding the “Core Connection” Instructor- Jenni Hoagland

Workshop Title: Pilates: Finding the “Core Connection”

Date: Thursday, 28 July 2011

Time: 7pm-8pm

Cost: FREE

Location: Alaska Center for Acupuncture

Pilates is an exercise system developed by Joseph Pilates to strengthen muscles, increase flexibility and improve overall health. It was created in the early part of the 20th century but it did not gain popularity until the first part of the 21st century. Pilates focuses on engaging the mind with the body to create exercises that involve the whole body. Every exercise is performed with attention to the breath, proper form and efficient movement patterns. Pilates strengthens the core, improves balance, increases coordination and decreases stress. The exercises are safe, low impact and appropriate for any level of exerciser.

In our discussion we will:

- Define what is meant by the “core”
- Discuss the 9 key principles of the Pilates method
- Learn the proper Pilates breathing technique
- Create a Pilates series to practice daily for better health

Please pre-register by calling **Alaska Center for Acupuncture at 745-8688**. Space is limited, so call early!

About the Presenter: Jenni Hoagland is the Fitness Director at the AT&T Sports Center. Her career in fitness began four years ago after her second child was born. Jenni started a program for moms called Stroller Strides; a fitness class where moms workout with their children. She continued her passion for fitness by becoming a certified Personal Trainer. When Jenni discovered Pilates she found this amazing modality was truly the way to achieve both physical results and mental health for your overall personal best! She now holds eight certifications as a “Balanced Body” Pilates Instructor. Jenni works with all levels of clients from extreme athletes, pregnant mothers and those with strict health and physical limitations. She believes the greatest thing about Pilates is the philosophy- “quality over quantity will achieve results for every level!”

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