

# PILATES IS FOR EVERYONE!



## MARCH IS PILATES MONTH

**HIGHLIGHTING INSTRUCTOR-MARK GOLDSTEIN**

### PILATES FOR A BETTER GOLF GAME

Do you want to improve your golf game? Do you find after a round of golf your struggling with lower back pain? You may want to add a Pilates Practice into your routine of selfcare. Pilates works on stability, strength and mobility. By working on strengthening the glutes and core, Pilates can help golfers increase distance with their swing in working the deepest abdominal and back muscles. Golfers that practice Pilates are likely to be stronger and minimize pain and injury.

The way that Pilates assists the golf swing begins with posture. Extraordinary attention is given to the position of the spine. This stimulates the reduction of lower back tension for competing players. As a result, the swing becomes more precise since enhanced posture eases other portions of the body such as the shoulder and wrist. Developed mechanics make for a greater probability that a swing can become more powerful and accurate.

If you're not convinced yet or you're curious about Pilates, Mark will be offering a free "PILATES FOR GOLF" clinic. Bring your Golf Buddies! Non-Members welcome for a drop-in-fee. Mark has an extensive background with his own practice of selfcare with strength training and yoga. He teaches Pilates Mat and Private Sessions with Mat and Pilates Apparatus. Mark is currently completing the Fletcher Pilates Program of Study. He has over 600 hours of teacher training and case work. Mark will get you on the course to the best version of YOU out on the Golf Course!