



Length: 30min; 45min; 1hr

Delivery modes: Onsite & Virtual Classes; Pre-recorded workouts

Details: A high intensity class with a focus on building core strength and boosting stamina. Great for boosting energy, strength, digestive health and cognitive skills. Useful for improving musculoskeletal health.

Health benefits of include:

- Increased flexibility
- Restoring and promote digestive health. Pilates has a strong focus on boosting core energy, with emphasis on strengthening the abdominal muscles using a combination of twisting exercises, intense inversions and deep breathing. Together, this helps to get rid of stale air and stimulate the digestive system.
- It can be used as an injury prevention strategy within manufacturing and construction settings. This combination of exercises can help to increase strength, balance and physical awareness – which in turn enhances the cognitive function, thus boosting the motor coordination skills needed to improve reaction speeds.

Connect with WORKBLIS to discuss requirements - hi@workblis.com