

pilates

All pilates classes are registered programs. You can also drop in when space is available; however, we request that all drop-in participants have previous Pilates experience as the classes are progressive. Call 604-987-Play (7529) to confirm drop-in availability. Please bring your own mat to class. (We recommend a closed cell dense foam mat for pilates.)



Here's a sample of some of our more popular courses:

Pilates - Introductory Level

Learn mat technique principles that safely and effectively strengthen your deep abdominals, pelvic floor and back muscles. Detailed instructions on proper breathing, posture and mind/body awareness are provided.

Pilates Core Conditioning

This comprehensive mind/body workout uses your bodyweight as resistance to stretch and strengthen your entire body.

For the full complement of Pilates courses check out northvanrec.com/pilates

Pilates De-Stress-ercizes

Exercises to undo tight muscles that cause neck and back pain. Realign the neck, open the front of the chest, open the hip flexors at the front of the legs, engage back and neck muscles.

Pilates On The Ball Level 1 & 2

Develop balance, strength, endurance and core stabilizers as you challenge your pilates workout with exercises using the big ball.

Tony
Fitness Advisor
Karen Magnussen &
other facilities

"Pilates is a fitness system focusing on core muscles which help keep the body balanced and provide support for the spine."

