



# Pilates Plus Fitness

## Rehabilitation Services

Pilates is a form of exercise that focuses on core strength, mobility, improved postural alignment and coordination. It's a safe and highly effective way to get back to a healthier physical condition and can be adapted to various body types, limitations, and injuries. The objective is to help the client improve fitness and overcome injuries in spite of chronic illness.

In sessions, the focus will be on improving awareness of neutral spinal alignment, pelvic stability, strength in the body's deep stabilizing muscles, mobility and breathing. The pace of progression to more advanced exercises will be based on individual adaptations to exercises. The long-term goals are:

- Improved function and well being
- Improved posture and dynamic joint stability
- Decreased pain and prevention of further deterioration in cases of chronic disease or injury

Exercise prescription is based on medical screening after the client's discharge from Physical Therapy or other medical care and thus a consultation with appropriate health care professionals will be required.

**Pia Jmioff**

Business: 250.462.3511

E-mail: [pia@pilatesplusfitness.ca](mailto:pia@pilatesplusfitness.ca)

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## Rehabilitation

### Private Packages (1 hour duration)

\$ 60.00	1 private
\$ 55.00	5 privates (per session)
\$ 50.00	10 privates (per session)
\$ 45.00	20 privates (per session)

### Semi Private Packages (1 hour and 15 min duration)

\$ 35.00	1 semi-private (per person)
\$ 30.00	5 semi-privates (per person per session)
\$ 25.00	10 Semi-privates (per person per session)
\$ 20.00	20 semi-privates (per person per session)

As the value of Pilates is in the precision and quality of movement, private sessions are recommended in the beginning in order to understand concepts and ensure correct technique. Small group classes can be arranged if needed.

### About the instructor:

Pia Jmioff has a degree in Human Kinetics from UBC and is a Certified Exercise Physiologist with the Canadian Society for Exercise Physiology. She has over 10 years of experience in the health and fitness industry with specific training in The Pilates Process, Yoga, Post Rehabilitation and Personal Training.

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