

Pilates Flow @2nd - a True Pilates Method Studio in Singapore

We are a classical Pilates method studio whose mission is to teach and maintain the integrity of Joseph Pilates' original work in its purest form.

Nestled within the heart of Bukit Timah, Singapore, every aspect of our studio has been taken into consideration with you, our client, in mind to provide you an accessible and ideal environment to have a great workout in.

At the Core of the Pilates method: the Powerhouse

Pilates is the penultimate embodiment of core strength training. Your core, or commonly called, the powerhouse, is comprised of the upper and lower abdominal muscles, the lower back and the buttocks.

Conventional forms of exercise and athletic activities develop strength in your arms and legs, but largely ignore this area because these muscles are difficult to isolate and strengthen. This is the same set of muscles that support good posture and, if not used properly, will deteriorate with time.



THE TRUE PILATES DIFFERENCE

The popularity of Joseph Pilates' teachings has grown in recent years, and many fitness studios are now offering Pilates-inspired programs, or in some cases, combining traditional Pilates with exercises from other training systems. While there are many different methods of teaching Pilates out there, most studios in Singapore offer contemporary approaches that have distilled or modified Joseph's original work over time.



To make things worse, there are also many fast-track courses taught over as little as a weekend to qualify fitness professionals in teaching Pilates. In such cases, injuries from clients resulting from being taught this way are commonplace.

The method requires you to constantly pay attention to your body while doing the movements. Paying attention to movement is seen as so vital that it is considered more important than any other single aspect of the movements.

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