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Penny Hill taking a class. Photo by Toni Morgan

What is Pilates?

By Penny Hill

During my training with Ballet Rambert, I discovered a wonderful way to combine the rigorous training required for dance with a technique which developed my strength and suppleness.

Pilates is a method of exercise developed by German-born Joseph Pilates in the early 20th century. It can be performed on specialist equipment or on mats. It is a form of exercise suitable for everyone and is used on many different levels, from injury rehabilitation to training for sports and dance.

Fit for life

Poor posture is often the result of poor habits that creep up on us over the years. Doing Pilates brings our awareness to this area and gives us the tools to improve it. My classes emphasise the use of the abdominal muscles, to help strengthen and protect the back and,

consequently, improve posture. The exercises help to develop stronger muscles, better flexibility, more effective breathing, greater co-ordination and generally raise your level of fitness.

In my Matwork Pilates Class most of the exercises are done on the floor so there is no stress on the joints. The technique encourages continuous flowing movements that develop the level of fitness that is relevant to your life.

I have been living locally for almost 20 years and teach exercise at LA Fitness, The Manor and Finchley Youth Theatre I also teach in small groups and do personal training. Recently I have

been developing a more holistic approach to health and fitness and this allows me to focus on the individual.

Over the years I began to want to help people with their health beyond the confines of a class, so I trained and qualified as a homeopath.

These two disciplines complement each other and give people the greatest opportunity to achieve their health potential. I am fully qualified and am a member of the Pilates Institute and the Alliance of Registered Homeopaths. As for the wonders of homeopathy, well, I'll save that for another day.

For more information, contact me on 020 8444 2882.

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