

@STUDIO16

Injuries in all sports occur - but,

when an understanding of how the body can effectively move - with greater strength and flexibility - the likelihood of injury diminishes and recover, should injury occur, is quicker and managed accordingly whilst still training.

Joseph Pilates trained in boxing and martial arts but his passion was his work. He was accredited as a "Teacher" and a "Healer" famous for his unique series of exercise regimes known as "Contrology" that strengthened and healed the body.

Although today, I would not apply many of his routines to my floor classes - it is his philosophy that is adopted @Studio16 - that an accurate understanding of the body and performing exercises that strengthen & stretch the body - will enable everyone to perform better, be healthier and embrace a higher standard of life.

With over 30 years of experience working passionately within the Fitness/Wellness Industry the classes @Studio16 have been designed specifically for strength, vigour, body shaping, greater posture and mobility as well as flexibility. - no matter how old you are - or at what stage of your life you are at... In addition, all class members gain knowledge and are encouraged to change unhealthy habits that may be preventing them from achieving their goals. (just ask any @Studio16 member).

Joe Walker trained me both in boxing and martial arts for a few years - which provided me with a greater insight of how the body can react after boxing and martial art classes. In addition, Joe's teaching taught me how the body needs to move in these sports and the particular body strength that is required. Combined with my knowledge and experience the training programmes provided @Studio16 are aligned with Joseph Pilates "Contrology" routines that will strengthen/stretch the body as well as assist in recovery.

✍️

I would welcome any boxing participant or family member of Joe's Boxing - that would like to discover the benefits of training @Studio16 to feel free and contact me to discuss the options for training @Studio16.

*Sports will injure
you at some
stage...*

but, a

Strength/Stretch

&

*Body Awareness
programme will*

assist in

prevention and

in recovery.

*If you are
thinking about a
programme that
will provide you
with the tools to*

*assist you in
gaining your
fitness/health
goals, - then I*

*would like to
invite you to*

@Studio16

Classes

*Creat your own
group & time(s) or
join the classes -
refer to*

www.studio16.com.au

or contact Betty

(0428014798)

for further details.

<i>@Studio16 Winter Timetable</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30	Weights, Mat & Stretch	Mat, Balance & Stretch		Weights, Mat & Stretch	Betty's Bodyshaping Routine	
8:00						Tai Chi, Movement & Stretch
9:00	Weights, Mat & Stretch	Mat, Balance & Stretch	Ball, Weights, Mat & Stretch	Mat, Poles Balance & Stretch	Mat, Movement & Stretch	Mat, Balance, & Stretch
10:30	Private Classes	Private Classes		Private Classes	Private Classes	
		@Work Classes				
				@Your Community Classes		
PM						
5:30			Weights, Mat, Balance & Stretch			
6:30			Betty's Bodyshaping Routine			

Face Book: Betty's Bodyshaping @Studio16

Website: www.studio16.com.au

June, 2018