

What is Pilates?

The Pilates Center for Fitness & Therapeutic Conditioning incorporates modern exercise science and rehabilitation principles emphasizing neutral alignment, core stability and peripheral mobility. These unique exercises, based on the technique first developed by Joseph Pilates, are designed for deep body conditioning and injury rehabilitation. When properly taught, these exercises will strengthen the abdominal and lower back muscles through pelvic stability and abdominal control.

Our premier facility in Williamsburg provides trained and certified instructors to teach Pilates exercises on the *Reformer*, *Cadillac*, *Wunda Chair*, *Arc Barrel* and the mat in three progressing levels. Each client has a program developed especially for them based on their posture, fitness ability and goals.

Our instructors are trained to work with non-exercisers and post-rehabilitative patients, as well as elite athletes. Our clients range in age from 16 years to those in their 80s, proving that everyone can benefit from Pilates!



"Real Life" Results From Our Clients

■ Meredith Ann

lost 20 pounds before Pilates, but since Pilates she has gained six pounds and lost two dress sizes! Muscle really does weigh more than fat!

■ Nick

was in pain for 10 years. He had extremely tight muscles. Since starting Pilates in 1998, he has become very flexible, strong and has improved his racquetball game and snow skiing.

■ Arleen

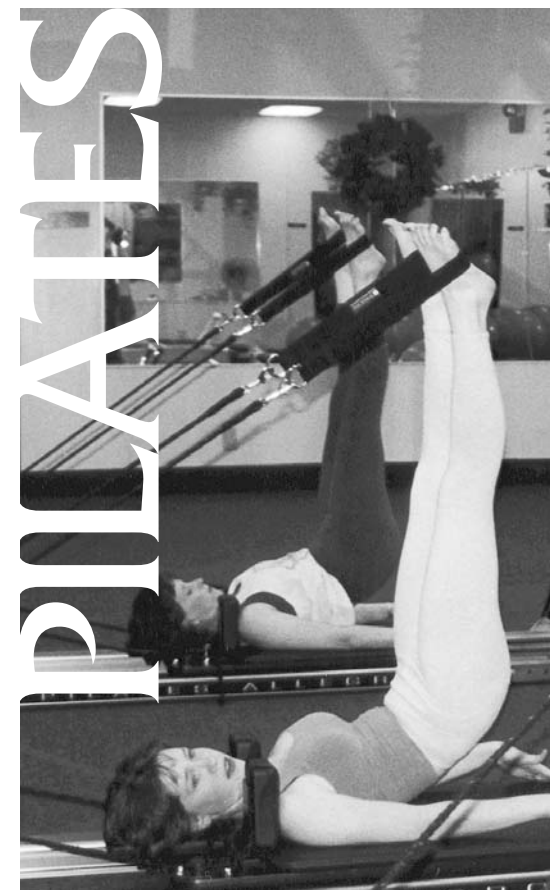
was scheduled for major back surgery. Yet as a result of her Pilates conditioning, she cancelled her surgery and is able to take her long walks again!

■ Betty Lou

has Parkinsons disease. But with her regular muscle activation and Pilates appointments, she finds it much easier to golf, walk and roll over in bed.



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Located in the Jamestown Place Building
near Rt. 199 and Jamestown Road

By Appointment Only



What Benefits Can I Expect?

- Longer, leaner muscles
- Relief from back pain and stress
- Effective post rehabilitation
- Relief from neck and shoulder pain
- Improved muscle definition in the arms, legs, gluteal and abdominal muscles
- Improved posture
- Bone strengthening and osteoporosis prevention



How Quickly Will I See Results?

The sooner you learn the Pilates technique, the quicker you will see results! This is not a weight loss program but an “inches lost” program. The best way to lose excess body fat that covers up the stronger, leaner muscles is to control your eating as well as exercise. Our clients see results in the first few weeks when they exercise at least twice a week in private sessions. Many progress to semi-private sessions once they have learned the essential exercises and do not need as much individual coaching. Group equipment and mat classes are available as another great fitness option to help you continue to achieve results!

Program Options

Muscle Activation Techniques

If you are experiencing any problems with pain in your back, shoulder, knees, neck, or hips, The Pilates Center recommends starting with a muscle evaluation to assess imbalances before beginning your exercise program. We use a cutting edge technique called Greg Roskopf’s Muscle Activation Technique (M.A.T.). This is a dynamic muscular assessment system that analyzes and corrects muscular imbalances. It has been successful in the reduction and elimination of pain and fatigue, as well as enhancing muscle recovery in athletes and non-athletes alike. This unique method was developed by Greg Roskopf, a biomechanics expert who has worked as a consultant for the Denver Broncos, Denver Nuggets, and the Utah Jazz.

In many cases, the area of the body experiencing the pain is not the actual source of the pain. Instead, the pain is a symptom stemming from a neuromuscular imbalance somewhere else in the body. For example, knee problems may occur as a result of imbalances in the hip and/or ankle. After activating the muscles, The Pilates Center’s instructors tailor your exercise program to strengthen the weak muscles, thus creating balances and strong muscles. For more information, please visit the M.A.T. website at www.muscleactivation.com.

“Lighten Up” Weight Loss Program

“Lighten Up” is our exclusive research-based weight loss program. This personalized program includes meal plans, individual goals, weekly weigh-ins and private consultations to help you successfully meet your weight and body fat goals.

Our Experience and Credentials

You should only trust your spine and neck to highly trained instructors who specialize in the Pilates technique. The best instructors invest hundreds of hours over a minimum of six months in their basic training (not a weekend course).

Mary-Jane Bell Amrein, the owner, has been teaching the Pilates technique since 1997 at the fitness center she founded, Aerobics Plus. She is certified in the STOTT Pilates method based in Toronto, Canada and is a certified specialist in Greg Roskopf’s Muscle Activation Techniques. Her instructors participate in extensive on-going training and meet rigorous standards before teaching at The Pilates Center.

Mary-Jane also holds the following credentials:

- Master’s Degree from Virginia Tech
- Williamsburg Area Chamber of Commerce “Small Business Person of the Year”
- M.A.T.-Certified Specialist
- Dr. Ken Cooper’s Aerobic Institute of Research, Certified Personal Trainer
- Medical Exercise Specialist Certification
- ACE Gold-Certified Aerobics Instructor

