

Functional Pilates

With Flaherty Physical Therapy



Pricing

Private Session
\$85 single session
\$249 pack of 3
\$480 pack of 6

Duet Sessions
*Only in Hudson Office
\$45 single session
\$125 pack of 3
\$240 pack of 6
Priced per person

What is Pilates?

The Pilates method is both a physical and mental workout that focuses on correct physical alignment, control, breathing, flowing movement, and concentration.

Joseph Pilates, the founder of this method, originally called his method Contrology, the science of control, and defined it as a way to thoroughly unite the body, mind and spirit, bringing you more in tune with your body.

Since the development of the Pilates method, there have been almost 100 years of research and modification to the technique. There are modernized versions of Pilates, however all adhere to the basic principles of the method which include breathing, concentration and fluidity of movement.

Who Can Benefit?

Everyone! Pilates training works multiple muscle groups at once, through continuous full range movements, to help you achieve your most efficient movement patterns. Let us know your desired activity level and we can tailor your program to meet your goals.

What to Expect

Pilates is safe, effective and is regularly used for rehab and prenatal clients, athletes and dancers. All versions of Pilates teach precise and controlled movements as well as postural alignment. Pilates encourages a more neutral position of the axial skeleton, allowing the muscles to lie evenly on both sides of the body, thus leading to balance between the agonist and antagonist and between strength and flexibility. Pilates often incorporates many different props – everybody's favorite magic ring, weights, bands – to enhance the exercises during practice.

CONTACT US

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