

Group training on the mat using the PILATES method

What is Pilates?

The Pilates method was developed by German physical trainer, Joseph H. Pilates, in the 1920s and is a body training system consisting of stretching and strengthening exercises.

Pilates training builds strength, improves flexibility and coordination, trains functional movement patterns, teaches good posture, increases body awareness, and promotes balance. The exercises also reduce the risk of injury and help shape the body.

Pilates is a holistic training method that strengthens the body as a whole, from the inside out. It promotes a strong core, consisting of the deep abdominal muscles and the muscles around the spine, including the pelvis, chest, shoulder girdle, and neck. Well-trained core

muscles can stabilize the spine and reduce the risk of back problems. Strong core muscles also enable you to tire less quickly and thus maintain good posture for longer.

Pilates is one of the methods known as 'body and mind' methods. It incorporates the power of thought and concentration. The use of images in the exercise instructions engages the imagination to gain access to our complex anatomical system. Breathing also plays an important role, supporting the movements.

Depending on the level of difficulty, trainings range from very easy to very intense.

Pilates mat training takes place on a gym mat (with small aids such as foam rollers).

Prices* (group courses mat training)

Trial lesson	free
1 lesson	CHF 28
10-session package	CHF 250 (per person, valid for 14 weeks)

Cash payment in Swiss francs or with Twint.

Schedule*

Tuesday
6:00 to 7:00 p.m. / 7:10 to 8:10 p.m.

There are several holiday breaks.
People who are new to Pilates can join at any time, but please contact me in advance.

Training location*

Andreashaus, hall on the ground floor
Keltenweg 41, 4125 Riehen

Tram line 6: Niederholzboden stop
Bus lines 35, 45: Wasserstelzen stop
S-Bahn line 6: Niederholz station
(connection to Basel Badischer Bahnhof and
Basel SBB)
Parking available in the vicinity.

There are no showers available.

Clothing

Tight-fitting gym clothes are best for training, but any other comfortable clothing that allows full freedom of movement is also suitable. The exercises are performed barefoot or in socks.

Health problems/insurance

The Pilates classes in Riehen are aimed at healthy individuals and are generally suitable for all adults, regardless of age and physical fitness. If you have spinal problems such as herniated discs or spondylolisthesis, as well as osteoporosis and wrist or shoulder problems, you should consult a doctor.

Pilates training is not recommended for pregnant women, but it is suitable for postnatal recovery.

Insurance is the responsibility of the participants, no liability is accepted.

Contact and registration

Brigitte Huegin

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Please feel free to contact me if you have any questions.

*Subject to change