



PILATES INTERNATIONAL IS PROUD TO FEATURE THE FIRST-EVER CORE ALIGN™ TRAINING UNITS IN AUSTRALIA

Installed in our light and airy Strawberry Hills studio, the Core Align is a unique piece of apparatus that has been in development over many years.

Pilates International staff have recently undertaken the full Core Align training program direct from the US developers, with senior Pilates Int staff member Liz Stride overseeing the teaching program in Studio.

To experience the Core Align™ please contact us for rates and booking information on info@pilatesint.com or 02-9699 5509

ABOUT THE CORE ALIGN™

Easy-to-learn exercises on the Core Align™ emphasize an upright posture and are designed to improve posture, balance and functional movement. The Core Align method, developed by Jonathan Hoffman, stimulates core stability muscles to fire in perfect timing while performing challenging exercises, very deep stretches and core-controlled aerobic training. Great for musculoskeletal rehabilitation, performance enhancement and as a regular sport for a healthy lifestyle. The Core Align's frame encloses two tracks and two carts, which move independently with smooth resistance (or assistance) created by six elastic resistance tube assemblies on each cart.

Resistance/assistance is possible in one or both directions. Extraordinary versatility – hundreds of functional movement exercises!

Core Align™ is a Balanced Body product distributed in Australia by HF Industries www.hf.com.au

