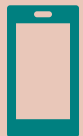


Melissa Johns Pilates



083 780 1004



Mitchell.mj99@gmail.com

Melissa qualified as a BASI Pilates Instructor in 2012 after completing a BA (Human Movement) and a BSc (Hons) in Biokinetics.

Pilates is built around a full-body workout with the main focus of core stability. What I love about Pilates is that it targets all of your main stabilising muscles that protect and support your joints. This strengthens your body from the inside out as opposed to other forms of exercise that focuses on superficial muscles.

When combined with healthy eating Pilates has shown to promote mindfulness, body awareness and is a catalyst for weight management and body shaping.



Combining Biokinetics and Pilates prevents injury and improves freedom of movement, flexibility and vitality.

To get the most out of your Pilates experience an initial consultation is recommended. This includes:

- ✓ A medical history
- ✓ A postural analysis and discussion on key points on improvement whether standing, sitting at your desk, or driving.
- ✓ A muscular evaluation for imbalances that need to be rectified.
- ✓ How to connect your Transverse Abdominis (TA) that is your main stabilising core muscle that protects your spinal column and offers pelvic stability.



Studio Group classes are R150.00 per class *

Group Class Timetable

| | |
|-----------|--------------|
| Monday | 8h00 to 9h00 |
| Wednesday | 8h00 to 9h00 |
| Friday | 8h00 to 9h00 |

* Initial consultations are by appointment

MELISSA JOHNS

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