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## Village Sportsplex Offers Pilates Training



The Village of Orland Park Sportsplex is one of a few facilities that offer the full spectrum of Pilates training. Orland Park's Pilates programs offer training on the reformer, tower and chair.

"What's great about Pilates is that it works well for such a wide range of people," said Sportsplex Fitness Manager Deborah Graham-Geghen said. "We've had people from every imaginable background try the Pilates reformers at the Sportsplex --- women, men, seniors, moms rebounding from pregnancies and a number of people at different stages of getting back into shape."

Created by Joseph Pilates in the 1920s, Pilates is a form of exercise that emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. It is one of the most popular exercise systems in the country.

Pilates is resistance training that creates lean muscle that increases metabolism for the rest of the day. It can be adjusted for all fitness levels and is ideal for men, women, children and seniors. Pilates tones and lengthens the muscles while strengthening and creating flexibility. Every Pilates moves works the entire body.

The village's Sportsplex offers Pilates training on the reformer with its attached tower and on Pilates chairs. "I cannot stress enough how this is a great exercise for everyone --- regardless of their skill level because everyone is adapted to what the individual person needs," Graham-Geghen said.

"The Pilates Method emphasizes quality over quantity and this program does not include a lot of repetitions for each move," Graham-Geghen said. "Instead, doing each exercise fully with precision yields significant results in a shorter time that most people would ever imagine," she added. The program follows six philosophical foundations, centering, control, flow, breath, prevision and concentration.

The second session of Pilates training at the village's Sportsplex begins the week of February 15. Details about the village's many Pilates offerings can be found on page 30 of the Recreation Department Winter/Spring Program Guide ([link below](#)). A variety of class times are offered and participants do not have to be Sportsplex members to register for classes.

"We invite everyone to register for our Pilates programs," Graham-Geghen said. "You do not have to be a Sportsplex member to take one of our classes. We offer rates for village residents, non-residents and Sportsplex members," she added.

For more information, visit the Village of Orland Park Sportsplex at 11351 West 159th Street or call 708/645-PLAY.

