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Village Sportsplex Offers Free Pilates Trial Classes



The Village of Orland Park Sportsplex is offering three opportunities for area residents to try the low impact, full body work out Pilates. The free classes with the Pilates Chair, Tower and Reformer will be held Monday, February 15 from noon to 1 p.m., Wednesday, February 17, 6 -7 p.m., and Friday, February 19, 8 to 9 a.m. The village's Sportsplex was the first area facility to offer Pilates.

The trial classes are open to new participants only and are appropriate for guests of all ages and skill levels.

Those trying the program do not have to be Sportsplex members. Many of the exercises are performed in a reclining or sitting position with partial weight bearing.

"Pilates is great for all ages and skill levels because we can adapt the equipment to the person using it," said village Sportsplex Fitness Manager Deborah Geghen. "We've had people who were hesitant at first but are now regular participants. It's a great way to build up tolerance because you begin lying down and work your way up to more advanced exercises, dependent on what you're able to do."

Pilates is a full-body exercise that works the deep muscles of the core, and helps to tie in mind, body and breath. Pilates emphasizes proper breathing, coupled with proper spine and pelvic alignment.

Pilates Chair and Tower incorporate exercises for muscle strengthening and lengthening. More than 100 exercises can be done with the chair and tower equipment, focusing on upper body strength and flexibility. The Pilates Reformer aids in strengthening muscles and improving flexibility and coordination. There is no limit to the class sizes and participants share the Pilates equipment.

To learn more or to sign up for the free trial classes, contact the Village of Orland Park Sportsplex, 11351 W. 159th St., Orland Park, 708/645-7529.