



# CAN-AC Pilates

## New at CAN-AC: Discovering Pilates, A Revolutionary Approach to Fitness

In the ever-evolving landscape of fitness and wellness, the introduction of new exercise programs often promises transformative results. This holds especially true with the unveiling of our brand-new Pilates program at the Cañada College Athletic Center, where we are excited to bring this renowned method to our fitness community, starting on July 1, 2024! Our program will feature private or duo Pilates Reformer and Pilates Chair training sessions, designed to elevate your fitness journey with personalized attention and expert guidance.

### What is Pilates?

Pilates is a holistic exercise system designed to improve flexibility, build strength and develop control and endurance in the entire body. Developed in the early 20th century by Joseph Pilates, this approach emphasizes core strength, alignment, and breathing techniques. Unlike many other forms of exercise, Pilates focuses on the integration of the mind and body, promoting both physical and mental well-being.

### Why Pilates?

Our new Pilates program represents our commitment to offering innovative and transformative fitness solutions to our fitness community. Here are several reasons why you should consider Pilates as your next exercise routine:

**Comprehensive Fitness:** Pilates complements other forms of exercise by enhancing core strength, flexibility and balance, which are essential for overall fitness and athletic performance.

**Accessible to ALL Fitness Levels:** Pilates can be tailored to meet individual needs and fitness goals. Our program offers highly customized sessions designed to accommodate various levels of experience and ability.

**Holistic Well-Being:** Beyond physical fitness, Pilates promotes mental clarity and relaxation. It provides a sanctuary from the daily hustle and bustle, allowing you to focus on self-improvement and holistic well-being.

**Certified Expert Instruction:** Our Pilates instructors are comprehensively certified trainers who are passionate about helping you achieve your fitness goals. They provide personalized exercise programs, ensuring that you get the most out of every session.

Pilates stands as a beacon of innovation in the realm of fitness, offering a pathway to enhanced physical health and overall well-being. Embark on this transformative journey with us at the Cañada College Athletic Center and discover the countless benefits that Pilates offers.



Redefine your fitness experience with Pilates, or for any other inquiries, connect with Cristina Mancin at [mancinc@smccd.edu](mailto:mancinc@smccd.edu). For packages, fill out our [Pilates Interest Form](#). For demos, complete our [Pilates Demo Form](#).

# PILATES TRAINING

**Pilates Private and Duo lessons  
and complimentary Demo  
available.**

Start your journey of improved core strength, posture, flexibility and mobility! Secure a package with the QR code below:

**Get started today!**



For demos, reserve through [bit.ly/can-ac-pilates-demo](https://bit.ly/can-ac-pilates-demo).

Questions? Contact Cristina Mancin at [mancinc@smccd.edu](mailto:mancinc@smccd.edu).



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