**Services:**

**Live Zoom workouts for social people!**

2020 was a year when most of us have changed our habits. Doing your workouts and yoga classes online are one of them!

Even though people love to connect and sweat side by side, online group classes gives you a lot of benefits without leaving your home:

-You push yourself harder when you see other people exercising in real time with you.

-You are accountable

-You don’t skip reps

-Your body produces endorphins which will make you a happier person throughout the day.

*After all this time you spent at home, you will decide how you are going to look and feel like!*

**Pre-recorded workouts for those who wants to live on their own terms.**

If you are ready to take your life to the next level, then look no further than here. You came to the right place. Whatever your fitness level is, my workouts will challenge you, push you to the next level and ultimately, make you reach new heights.   
  
You will access a variety of different sessions like pilates, yoga, full body, core, booty and cardio workouts.

*You will get access to exercise library with videos and explanations to ensure that you perform exercises the right way!*

**Private Sessions**

If you are someone who wants more personal experience, I am also here to discuss your fitness goals and work with you in 1 on 1 sessions.

We are going to focus on your active lifestyle and ensure that we accommodate fitness into your daily life as an added benefit. We will work on getting you healthy and strong as well as making sure you stay that way for the rest of your life!

**Together we will create a plan that fits your lifestyle, gets you healthy, active and motivated!**

You are one step away from creating a brighter future. Take that step now and let’s work together!

**Pilates.**  
*What is it?*

Pilates is a form of exercises that is focused on core strengthening. Nevertheless, it’s a full body activation since all muscles in your body are used to perform the exercises. Please don’t think it’s only crunches and planks since it’s way more than that.  
  
  
*Health benefits of Pilates:*

*-* POSTURE. Muscles used during Pilates exercises are those responsible for correct alignment of your body. Weakness in these muscles causes bad posture, which is one of the most common reasons for lower back pain. Fix your posture- get rid of your back pain!

* MUSCLE TONE. As mentioned above, all muscles in your body are activated during pilates session, starting from your calfs and finishing in your forearms. By increasing intensity, different areas of your body can be targeted and muscle tone can be increased. It’s important as we get older, because it improves our balance.

- BALANCE. During Pilates exercises we activate several muscle groups at the same time and it requires mind&body connection. It improves our understanding of the body’s alignment, which is crucial for our balance.  
  
-FLEXIBILITY. Even though Pilates exercises are not focused on stretching and making you more flexible, it moves our body through a big range of motion which is very important in our daily life, since it prevents us from injuries and helps us feel more free while we’re moving during the day.

* STRESS MANAGEMENT. I like to say that stress is present only when there’s nothing else to think about. During Pilates class, you have to stay focused to perform the exercises correctly, your thoughts can’t wander anywhere else except the present moment. Also, breath is one of the main principles of Pilates, and as we know, deep and controlled breathing activates our parasympathetic nervous system.
* What are the principles of pilates?
* Breath
* Control
* Centering
* Concentration
* Flow
* Precision