

# The benefits

Pilates targets the deep postural muscles, building strength from the inside out, rebalancing the body and bringing it into correct alignment.



# BODY CONTROL PILATES®

## Pilates:

- Tones and reshapes the body
- Builds long, lean muscles
- Corrects posture
- Increases suppleness
- Improves flexibility of the spine
- Promotes joint health and mobility
- Relieves stress and tension
- Strengthens the pelvic floor (thus improving your sex life and preventing stress incontinence)
- Alleviates chronic lower back pain
- Complements sports training

“ Physical fitness  
is the first requisite  
of happiness ”

Joseph Pilates

“ Deborah’s classes  
are warmly welcoming  
and fun, but she never  
forgets to push you to  
achieve results ”

## Book a class today!

Mat classes are held in Ayr, Prestwick, Symington and occasionally elsewhere. Please check the website for class details and rates. An individual assessment is recommended before you begin a class.

Studio sessions on Reformer and Cadillac apparatus by appointment. Please phone for details.

Classes can also be tailored to suit company employees or sports clubs.

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“ In ten sessions  
you’ll feel the  
difference,  
in twenty you’ll  
see the difference,  
and in thirty  
you’ll have a  
new body ”

Joseph Pilates

# What is Pilates?



Pilates is a safe and highly effective method of exercising based on the work of Joseph Pilates (1880–1967). Using an anatomical understanding of the body's muscular and skeletal systems, Joseph Pilates developed exercises that built strength without adding bulk and balanced that strength with flexibility. The proven health benefits and tremendous feeling of well-being that you take away from each class will encourage you to do Pilates for the rest of your life.

# Who is it for?

The slow, controlled teaching approach of Pilates means that it is ideal for most adults and all ages – from first-time exercisers to those needing rehabilitation after injury or operation, to athletes looking to enhance their performance and avoid the risk of injury.



# Body Control Pilates®

Body Control Pilates is widely seen as a benchmark for safe and effective teaching of the highest quality. London-based, The Body Control Pilates Association is Europe's largest professional body for Pilates teachers. Members have all, at a minimum, completed a comprehensive training course in Body Control Pilates matwork, and are required to continually develop their knowledge and skills. Body Control Pilates teachers work to a Code of practice that governs teaching standards and professional ethics. All teachers hold valid insurance and CPR certification.



For more information see the BCPA website:

[www.bodycontrol.co.uk](http://www.bodycontrol.co.uk)

# Deborah Higgins

Deborah has devoted her working life to movement and exercise. Having trained and worked as a dance teacher in her family's dance school in Coventry, Deborah taught in Germany and Switzerland before returning to UK. She introduced aerobics to Ayrshire in 1982, then taught various forms of exercise before discovering Pilates. Deborah trained with renowned Pilates instructor Gordon Thomson ([www.bcpilates.com](http://www.bcpilates.com)) and completed her Body Control Pilates matwork course in 2001. She has since qualified to teach with both Cadillac and Reformer apparatus. Her small class sizes (maximum 12) and private studio sessions allow her to tailor exercises to clients' needs and ensure personal supervision at all times.

[DeborahJHiggins.co.uk](http://DeborahJHiggins.co.uk)

“ I must be right. Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They'd be happier ”

Joseph Pilates

