

# **Nyc Pilates**

**Carolyn Anthony**

Portable Pilates Alycea Ungaro, 2000-12 Book & CD. Pilates is probably the most sophisticated and sought after form of exercise today. Since the 1920's it has been used to strengthen and stretch the bodies of professional dancers and athletes alike. Now, after 75 years, Pilates has become mainstream, finding its way into people's homes through dozens of how-to books and videos. Yet, these instructional materials are incomplete. This CD provides the missing ingredient. It allows you to take an actual mat class under the direction and motivating voice of an experienced instructor with no equipment, no pages to turn and no TV required. Portable Pilates is a 45-minute mat class as taught at Alycea Ungaro's Real Pilates in New York City. Owner and certified instructor Ungaro conducts the class in clear, easy-to-follow instructions. Original music and creative sound effects provide the student with the necessary cues, tempo, and dynamic for each exercise. This item is intended for those with prior Pilates experience.

**Pilates Practice Companion** Alycea Ungaro, 2010-12-20 Pilates has become a worldwide phenomenon with over 12 million people practicing, and the numbers continue to grow. Pilates exercises build muscle tone, improve flexibility and balance, lengthen the spine, increase body awareness, and repair past injuries, helping people to feel stronger and more energized, centered and physically confident. Pilates Practice Companion is the one-stop guide for Pilates novices as well as those hoping to consolidate what they already know. The book is accessible and user-friendly, with a warm, reassuring tone. With beautiful specially commissioned step-by-step photography and clear instructions on each exercise, as well as key features, such as annotated photographs of common faults and a list of the physical and mental benefits of each exercise, the book demonstrates how to practice Pilates without costly classes and equipment. The exercises are separated into chapters - beginner, intermediate, and advanced-allowing readers to focus on the exercises that are

relevant to them and to progress at their own pace. At the end of each of these chapters, there are specially devised programs of Pilates exercises of 20-, 40- and 60-minutes each, letting readers pick and choose depending on the time available. This book offers a more holistic approach to Pilates than other Pilates books. A chapter on The Benefits of Pilates gives a fascinating overview of the ways that Pilates can maintain or restore the health of the body. With the help of specially commissioned anatomical drawings, it explains how Pilates exercises work on and benefit everything from posture, flexibility and strength, to energy levels and integrating body and mind. The final chapter, Pilates Every Day, offers advice on how to use Pilates in all aspects of life-at work, for winding down, and for rehabilitation, for example. It also includes advice on healthy eating, helping readers to make better food choices to feel more energized and balanced. Pilates Practice Companion is an accessible, authoritative and inspiring resource to guide people of all abilities in their practice of Pilates.

**The Pilates Body Kit** Brooke Siler, 2003-04-05 Pilates is the fastest-growing trend in fitness today, with millions enjoying its muscle strengthening and body toning benefits. In this follow-up to her New York Times bestseller *The Pilates Body*, Brooke Siler provides a safe, effective, and personalized Pilates course for home or travel that allows readers to progress at their own pace, with a master teacher leading the way. This unique, interactive kit contains: - Two 70-minute-plus audio CDs containing eight complete classes - 70 full-color instructional cards with photographs of each pose and breathing and techniques tips - A 64-page workbook with a 20-page journal and a record-keeping section to track progress. Brook Siler was hailed by *Vogue* as one of America's most sought after Pilates trainers. Author of the New York Times bestseller *The Pilates Body*, she is owner of the acclaimed re:AB® studio in New York City, where her clients have included Madonna, Liv Tyler, Amber Valletta, and many others. She studies under the tutelage of Romana Kryzanowska, Joseph

Pilates' protege for more than 30 years, and now sits on the board of the Pilates Guild®.

Your Ultimate Pilates Body Challenge Brooke Siler, 2006  
Introduces a program that is designed to incorporate Pilates-conscious movements into every aspect of daily life, shows how to maximize workouts on standard gym equipment, and describes four target-specific mat routines.

**The Pilates Body** Brooke Siler, 2000-01-04 The Pilates® method may be today's hottest exercise, but it has been endorsed by physicians for almost a century. Originally developed by Joseph H. Pilates to help strengthen and condition muscles, Pilates is the ultimate mind-body exercise for anyone who wants to tone, streamline, and realign their body without the bulked-up results of more conventional workout methods. Now, in *The Pilates® Body*, author Brooke Siler--one of the most sought-after personal trainers in the country and owner of New York's top studio for Pilates training, re:AB--provides a complete, easy-to follow program of Pilates exercises that can be done anywhere, anytime, and without machines. With step-by-step instructions, Siler guides the reader through the complete circuit of mat exercises, each of which is clearly illustrated by photographs, line drawings, and unique visualization exercises. With Pilates you will not only streamline your figure--you will dramatically improve your posture, flexibility, and balance, and enhance your physical and emotional well-being. *The Pilates Body* shows you how.

*The Pilates Promise* Alycea Ungaro, 2004 The sequel to *Pilates: Body in Motion*. Introduces three step-by-step programs that target specific problem areas of the body. Full-color photographs, and detailed instructions.

#### PILATES BODY IN MOTION ,

The Pilates Edge Daniel Loigerot, Karrie Adamany, 2004-02-23  
Complete body conditioning for golf, running, tennis, swimming, cycling, skiing, and other sports and activities. Originally developed by Joseph Pilates for boxers, gymnasts, and dancers,

Pilates is a unique body-conditioning method that teaches precision movement generated from the center of the body-the powerhouse-which includes the abdominal muscles, lower back, and buttocks. The Pilates Edge demonstrates how the basic principles of Pilates can enhance sports training and promote athletic achievement as well as everyday health and fitness. With this instructive book, athletes and anyone seeking to improve their physical performance will learn to strengthen and condition their bodies while preventing injuries through a basic Pilates workout, designed with variations for beginner and advanced levels. The authors provide specific workouts for golf, running, racket sports, swimming, cycling, and skiing, giving special attention to the muscle groups and common injuries associated with each sport.

**Pilates Practice Companion** Alycea Ungaro, 2011 This resource guide provides step-by-step explanations and photographs of Pilates exercises broken down into sections for beginner, intermediate, and advanced fitness levels and lists the physical and mental benefits of each exercise, as well as common faults.

**Discovering Pure Classical Pilates** Peter Fiasca, 2009 Discovering Pure Classical Pilates looks deeply into Joseph Pilates' traditional method of mental and physical conditioning by describing its foundations, goals, movement qualities and benefits. Specific attention is given to the ways in which market forces, individual creativity or ambition lead to deterioration and commercialization of the traditional Pilates method. This book harkens back in time to Joseph Pilates' own two books-Your Health (1934) and Return to Life Through Contrology (1945)-by exploring social, economic, psychological and spiritual issues associated with his traditional work. There is so much more to Discovering Pure Classical Pilates! Within this book, you will uncover the passionate and priceless treasures found only in the historically accurate technique as taught by traditionalists throughout the world.

## **The Pilates Effect** Stacey Redfield, Sarah Holmes, 2019-09-01

With over 9 million Americans practicing Pilates, the popular core exercise system is taking the world by storm. While many find the system helps to strengthen the core, improve posture, and recover from or prevent injuries and pain, Pilates has been clouded in controversy since the beginning. Its origin story is one of greed, ego, celebrities, and lies, with heated legal controversy that threatened the industry. In *The Pilates Effect*, Stacey Redfield and Sarah Holmes reveal the hidden history of Pilates. From humble beginnings, Joseph Pilates founded the groundbreaking regimen in New York City and worked closely with his partner Clara to rehabilitate and renew dancers who had been injured or were aging. Although Joseph's core strengthening regime was touted as fifty years ahead of [its] time, finance and health issues plagued Joe and Clara's business. A small and devoted group of followers, including Carola Trier, would fight to spread the practice that they felt gave them a second chance at life and rehabilitated their bodies and souls. A fascinating and inspiring story of fitness in America, *The Pilates Effect* showcases the people and events that formed an iconic industry. Redfield and Holmes offer inspiration and practical advice for how Pilates can offer change for everyday people regardless of gender, ethnicity, or background.

### *Ellie Herman's Pilates Workbook on the Ball* Ellie

Herman, 2003-12-19 Herman's book shows how proper use of the Physioball makes it easier to gain the strengthening and slimming effects of the Pilates technique. Originally developed for physical therapy patients, the ball is a low-impact, high-intensity fitness tool that adds fun, variety, and effectiveness to a workout session.

## **PILATES BODY IN MOTION ,**

*15 Minute Everyday Pilates* Alycea Ungaro, 2008 A 128-page book with an hour-long DVD introducing readers to Pilates. It features four 15-minute sequences that improve posture, tone and stretch muscles and increase core strength. It is written and demonstrated by Alycea Ungaro, owner of Alcyea Ungaro's Real

Pilates, which is New York's largest Pilates studio. Clear step-by-step photographs demonstrate every move and there is a gatefold at the end of each sequence which reveals the whole programme at a glance.

*Ellie Herman's Pilates Props Workbook* Ellie

Herman, 2004-08-23 AMPLIFY YOUR PILATES WORKOUT USING PROPS Pilates gets even better when paired with these simple accessories. Pilates expert Ellie Herman shows how to intensify and enhance your matwork routine: •The elastic exercise band increases resistance •The ethafoam roller creates stability challenges •The Magic Circle gives a great inner thigh workout Each movement is explained with clear captions and easy-to-follow photo sequences. Special programs for strains, injuries and chronic problems are also featured. In addition to strengthening and toning your body, Pilates with props helps you: •Build balance •Release tension •Alleviate pain •Rehabilitate injuries

**Pilates Anatomy** Abby Ellsworth, 2012-01-15 Let's flex!

Discover Pilates--from the inside out--in this innovative reference book featuring exercises and workouts for every level. Madonna does it. Jennifer Aniston does it. And so do plenty of pro football players. These days, it seems like everyone is doing pilates, a form of exercise that strengthens core muscle groups for a lean, toned body. Whether you're already a pilates devotee, or a couch potato who's ready to reform, Pilates Anatomy is for you! \* Written and developed by a renowned pilates instructor, Pilates Anatomy is designed to be a thorough guide for every level--from beginner to advanced. \* This unique book aims to teach more than just different exercises. Detailed anatomical illustrations teach readers all about muscle mechanics and how their bodies work to encourage safe, injury-free workouts. To help reinforce students' understanding, this book also features reference sections on pilates terminology and a glossary of muscles. \* Discover how "chicken wings," "tiny steps," and "the corkscrew" can help you create a long, lean, strong body. Readers can choose from a

comprehensive list of individual pilates exercises designed for every level of practice. \* In addition to individual movements, this amazing book also includes a series of challenging workouts featuring both mats and props for beginning, intermediate, and advanced students. \* Discover powerhouse sales! Interest in pilates continues to grow--there are over 15 million people who regularly practice pilates, and many more who would like to try this method of exercise. \* Includes poster of pilates techniques and muscle systems.

PeeWee Pilates Holly Jean Cosner, Stacy Malin, 2009-04-28

Though she yearns for her pre-pregnancy figure, a new mother has little time to devote to exercise; attending to the needs of a newborn is a full-time job. A revolutionary postnatal fitness program, Pee Wee Pilates gives new mothers what no other fitness program or book has to date: a quick and proven method they can do at home to whip their postpartum body gently back into shape and enrich their babies at the same time. Pilates targets the areas most affected by pregnancy (abdomen, hips, lower back, and buttocks), so new moms will get results fast without having to leave homes or carve out huge chunks of time. Simultaneously, because the baby is incorporated into the Pilates movements, women get to enjoy a loving and fun interaction with their babies. Unlike other mother/baby fitness programs, however, baby is far more than just a prop; the exercises in Pee Wee Pilates are designed specifically to help foster a little one's development and attachment to mother. Developed by one of New York City's leading Pilates teachers, Pee Wee Pilates promises to be the hot new baby and me exercise program for new mothers everywhere.

*15-minute Pilates* Alycea Ungaro, 2019 Do you struggle to practise Pilates regularly? Stress no more: these four 15-minute programs offer the flexibility and ease of use that busy lifestyles demand. At home, with just a mat and some weights, build these 15-minute routines into your week to get the lean, sculpted body you've always wanted. Clear, step-by-step photographs paired



with easy-to-follow instructions explain exactly what to do in each move, targeted feel it here graphics help you to understand which part of your body to focus on, and at-a-glance reminders at the end of each 15-minute program show all the poses in sequence.

**Ellie Herman's Pilates Reformer** Ellie Herman, 2017-06 For Pilates trainers, fitness professionals, and those wanting a deeper understanding of their practice. Classic Pilates repertoire plus original exercises from Ellie Herman. Detailed descriptions and photos with breathing, alignment cues, contraindications, and rehab applications. Paperback, black and white photos.

**The Pilates Way to Birth** Carolyne Anthony, 2012-12-15 Pilates-based exercises are used throughout this book because I feel they provide the most benefit for pregnant women. But... Pilates is much more than just a series of exercises. It is a lifestyle and philosophy that incorporates more than just a mind/body experience. It becomes a way of life for most Pilates instructors. We teach Pilates from the heart and soul, truly believing in its power to change lives. By teaching this course, I hope to plant a seed in all teachers and leave it with them to blossom through their own experiences. Pilates instructors have the ability to change not only bodies, but beliefs as well. Whether a woman chooses to do Pilates, Yoga, run or swim, being healthy physically is conducive for a better birth as well as post-partum recovery. By writing this book for the pregnant woman, I hope to impart the limitless possibilities, not just for exercise during pregnancy, but also for healthier ways of giving birth.

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