

Mat 57

MAT 57™ is a vigorous, energetic and updated form of classical Pilates developed by Shelly Knight, **PHYSIQUE 57**'s Director of Training, West Coast and Pilates Director. Certified in Classical as well as pre and post natal Pilates, Shelly has created the most comprehensive choreography of Pilates mat movements.

Each **MAT 57™** class is instructed by experienced, certified instructors with an inspired momentum to produce a dynamic, fast paced and highly effective workout. **MAT 57™** captures the unique essence of **PHYSIQUE 57** and creatively builds upon the respected Pilates mat exercises.

COMPREHENSIVE WORKOUT

MAT 57™ improves balance, posture, and alignment through targeted exercises that strengthen and lengthen every major muscle group. **MAT 57™** incorporates cardio, toning and stretching while strengthening every muscle group to intensify the workout and challenge each student.

QUICK TEMPO

MAT 57™ offers all of the proven benefits of Pilates while increasing stamina through a more athletic and high energy routine.

UPBEAT MUSIC

Hip and popular music chosen specifically for **MAT 57™** keeps the group synchronized, focused and motivated to produce an efficient and powerful classroom experience.

MAT 57™ will produce noticeable results when practiced alone or as a complement to **PHYSIQUE 57** or other fitness routines.

