

# PHYSIQUE<sup>®</sup>

## Mat 57<sup>®</sup>

**MAT 57<sup>®</sup>** is a vigorous, energetic and updated form of Classical Pilates. Each **MAT 57<sup>®</sup>** class is instructed by experienced, certified instructors with an inspired momentum to produce a dynamic, fast paced and highly effective workout. **MAT 57<sup>®</sup>** captures the unique essence of **PHYSIQUE 57<sup>®</sup>** and creatively builds upon the respected Pilates mat exercises.

### COMPREHENSIVE WORKOUT

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

### QUICK TEMPO

**MAT 57<sup>®</sup>** 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<sup>®</sup>** keeps the group synchronized, focused and motivated to produce an efficient and powerful classroom experience.

### PERSONALIZED INSTRUCTION

**PHYSIQUE 57<sup>®</sup>**'s expert instructors keep a watchful eye to provide individualized attention and careful manual adjustments

**MAT 57<sup>®</sup>** will produce noticeable results when practiced alone or as a complement to any **PHYSIQUE 57<sup>®</sup>** classes.

