Pilates Mat Class for Competitive Swimmers

I am looking forward to sharing the benefits of Classical Pilates Mat training with the MFSC Senior Swimmers.

My goal for these young athletes is to design a Mat series that will reduce the risk of potential wear and tear on the body, stabilize growing joints, and increase mind body awareness.

In addition, I have specific goals for the 6 week summer training session:

* Increase hamstring strength and mobility (stronger kick with more stamina and consistency)
* Increase pelvic/hip mobility and strength
* Increase the ROM (flexibility) of the shoulder girdle/scapula (this will reduce stress on the neck and upper shoulder/back and result in a more fluid and consistent stroke
* Focus on deliberate pace and breath.  Once I have trained the students in the basics, we will perform the exercises at a pace that will teach the swimmer movement patterns for a steadier race
* Core strength! We will discover our deepest core muscle that support the spine and the inner skeletal system

Classes will be held at The Contrology Center Pilates Studio (N112 W16700 Mequon Road). Pilates mats and props will be provided.

**Swimmers should bring a pair of socks to wear to class and please no clothing with buttons or zippers as this with damage the equipment.**

If you have any questions, call Renee Mrzyglod at 414-840-9018 or check out the studio website at contrologycenter.com for more information about our studio.