



Dee Miller

Session 3416

PilatYcore

- Strengthening and flexibility exercises designed to improve:
 - core strength
 - range of motion
 - flexibility
 - mobility
 - posture
 - while helping to reduce joint pain

PilatYcore Principles

PilatYcore Benefits

PilatYcore Modifications

PilatYcore Exercise Overview

PilatYcore Class Design

PilatYcore Mat Foundation Program

- Warm-up
- Supine
- Prone
- Seated
- Standing
- Relaxation

Warm up Exercises

Supine

Prone

Seated

Standing

Relaxation

Thank You

Questions ?

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