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## Teen Pilates builds core strength, inside and out

By: Staff report

Sattva Yoga & Pilates in Rocklin is kicking off its 10-week "Teen Pilates" series March 27. The series is designed to build core strength and confidence.

"Pilates builds core strength inside and out, guiding each girl to glow in her own personal brand of girl power and style," said Jean Munoz, owner Sattva Yoga & Pilates. "Pilates increases a girls confidence in her body and allows her to cultivate a deep appreciation for what her body can do - no matter what shape or size."

Pilates improves posture, increases balance, flexibility and strength throughout the entire body - cultivating good health and feeling good inside and out.

"Pilates is a wonderful form of exercise, dancers especially can greatly benefit from the core strengthening that is gained from Pilates," said Faith Gardner, owner and director of Dance Elite Allstars.

Pilates is also an amazing system of exercise that can also serve as excellent complement to yoga, dance, horseback riding and so many other sports.

Joseph Pilates opened his first studio next to the New York City Ballet, and worked with many dancers who used the technique to build strength and to help prevent injury.

"I look forward to it because it improves my strength, which will translate into more endurance when I dance," said Sabrina March, 13, a dancer at Dance Elite All Stars.

Space is limited, so call now to reserve your space. This series begins Tuesday afternoons beginning March 27. Space available at 3 p.m. and 4 p.m. and sessions run 55 minutes.

The cost is \$300. For more information, call 624-YOGA or visit [www.sattvayogaandpilates.com](http://www.sattvayogaandpilates.com).



Sophia Fox, 18, left, Sabrina March, 13, and Madison Killian, 12, will take part in the 10-week Teen Pilates series beginning Tuesday at Sattva Yoga & Pilates in Rocklin. courtesy

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