

## Workshop Goals

Enjoy an energized fusion of Pilates, strength and easy to follow rhythmic movement in the aquatic environment. The focus of this workshop will be how to add Pilates to your current aquatic class that can combine awareness to the Power House, stability, strength, flexibility and mobility.

I will emphasize that working in your bodies "power house" is the surest way to get your core conditioned and guide you through a class that works from the deepest level of the core muscles (abs, thighs, lower back and gluteals).

## Objectives

By the end of this workshop you will:

- Be able to define and apply a compression of the abdominal known as the "scoop" with every movement
- Develop an awareness of the power house and understand how to improve core strength
- Be able to apply land based Pilates movements into the pool that are effective for all fitness levels
- Feel REJUVINATED and the sense of stress RELIEF stress

### Definitions

**Power House** - An area that powers each movement. Described as a four-inch band that wraps around the middle from the hips to the ribcage, back to front.

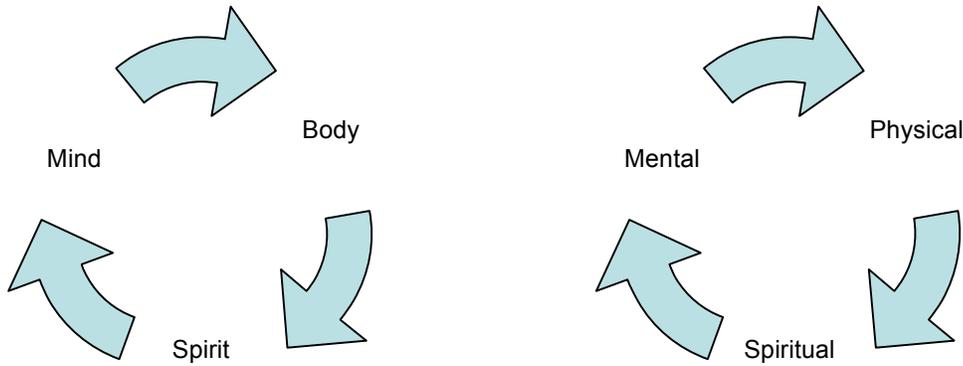
**Scoop** – An image that is a hollow created as the lower abdominals are lifted up and under the ribs. Biomechanically, it represents the synergistic interaction between the transverse abdominals, pelvic floor and multifidus to initiate Pilate's movements, support the spine, and stabilize the pelvis.

## Why would you want to add Pilates movements to your class?

- Adds variety to your exercise program
- Builds a strong, healthy body
- Improves posture, circulation, energy and stamina

- Delivers a long, lean, sculpted look

## Considerations



Focus on clues that build on strengths and weaknesses

## Questions to Ask Yourself

Think of your current class and answer the following questions.

Question	Answer
What should I introduce first?	
Which exercises will improve the performance of another?	
Exercise difficulty?	
When are my students ready?	

## Pathway of Learning



## Progression Guidelines

### Center of Gravity

- Point where the weight of the body is concentrated
- Point where the weight of the body may be said to act
- Location
- Changing the Center of Gravity

### Base of Support

- Part of the body is in contact with a stable surface
- Changing the Base of Support
  - Wide is more stable
  - Narrow is less stable

### Surface Stability

- Buoyant or weighted surfaces
- Changing the Surface Stability

### Exercise Complexity

- Coordinating multiple actions in a sequence accompanied by rhythm changes and breath changes
- Best learned when elements can be rehearsed independently
- Changing Exercise Complexity
  - Building blocks
  - Part teaching

### Rhythm and Tempo

- Tempo = speed of movement
- Rhythm = timing of a movement
- Dynamics = accent of a rhythm

## Safe and Appropriate Progression

- ✓ Introduce no more than 1 new variation or exercise per class
- ✓ Teach to the ideal
- ✓ Build strength and stamina
- ✓ Teach transitions
- ✓ Challenge the ideal

## Signs of Readiness

Is the student ready for it?

Physically



Mentally



Emotionally



## Tips to Assure Success

- Take small steps
- Safety first
- Look for signs of readiness
- Remember everyone is at different stages of learning
- Have compassion
- Focus on the quality of the movement

## Music Selection

- Sometimes it's good to get away from "aerobic music". Try music that allows you to focus on the mind, body and spirit
- Take advantage of music that lacks lyrics so that you can speak easily to your students – and hold their attention

Today's music selection:

Jayne Zylstra  
(952)229-7305  
[jzylstra@lifetimefitness.com](mailto:jzylstra@lifetimefitness.com)  
Session #404 - Fluid Pilates

Hundred  
One Leg Circle  
Ester Williams  
Abdominal Series:  
    Single Leg Stretch  
    Double Leg Stretch  
    Single Straight Leg Stretch  
    Double Straight Leg Lower Lift  
    Criss Cross  
Rolling Flip Flop  
Open Leg Rocker (Boat)  
Corkscrew  
Standing Saw  
Swan Dive (laying prone, feet above the surface)  
Rolling Flip Flop  
Beats on Back  
Frog  
Leg Circles  
Spine Twist  
Standing Kick Series  
    Front & Back  
    Up & Down  
    Passe'  
    Circles  
    Bicycle  
    Repeat on other leg  
Teaser I  
Teaser II  
Can-Can  
Flutter Kick on Belly  
Mermaid Stretch next to the wall  
Endings:  
    Bicep curls  
    Tricep push downs  
    Zip Up  
    Boxing  
    Chest Expansion  
    Sparklers  
    Wall Series  
        Alternating Arms  
        Wall Slides  
        One Leg Slide