

## Welcome to „Pilates Zentrum Münster“

### What is Pilates?

Pilates is a mind-body workout emphasizing proper breathing, correct spinal and pelvic alignment, and concentration on smooth and flowing movement. You actually learn how to control your movements and body..

In Pilates the quality of movement is valued over quantity of repetitions. Proper breathing is essential, and helps you execute movements with maximum power and efficiency. Last but not least, learning to breathe properly and move gently can reduce stress.

You can develop a strong core and a strong back. The core consists of the deep abdominal muscles along with the muscles closest to the spine. Control of the core is achieved by integrating the trunk, pelvis and shoulder girdle. Pilates elongates and strengthens, improving muscle elasticity and joint mobility.

### „Schnupperstunde“ = „try a class“

New to Pilates or new in town and wondering how to get started? Just write us an email (english is fine) to [info@pilateszentrum-muenster.de](mailto:info@pilateszentrum-muenster.de) and we will make an appointment. You can try out the classes. Before you buy a „10-time-ticket“. A „Group-Schnupperstunde“ costs 10 Euros and a „1 to 1-Schnupperstunde“ costs 45 Euros.

### We offer:

Mat classes (max. 10-12 persons)  
Reformer classes/Allegro classes (max. 8 persons)  
Personal Coaching/Training – 1to1

### Our rates (cash or by bank transfer):

10 times Mat class – 140 Euro (valid 12 weeks)  
10 times Reformer/allegro – 160 Euro (valid 12 weeks)  
10 times Mat class & Reformer = Springerkarte – 160 Euro (valid 1 year)  
10 times Personal Coaching/Training – 700 Euro

The language spoken during a class is generally german. But we also speak english or combine both to „dinglish 😊“.

After buying a „10-time-ticket“ you can use our „mind body online“-App to sign in easily and flexibly for your classes and see your schedule.

**Just write us an email (english is fine) to [info@pilateszentrum-muenster.de](mailto:info@pilateszentrum-muenster.de) - we are happy to meet you 😊.**