

PILATES

ON REFORMERS

WITH MEDICOVER SPORT

medicoversport.pl

This workout is a one-of-a-kind combination of **strength, flexibility and body control**. By using special equipment, such as a reformer, you can exercise with resistance, which increases the efficiency of your workout, activates your deep muscles and increases the stability of your entire body. It is the perfect solution for those looking for a **precise, safe and versatile workout**.

Why is it worth trying Pilates on reformers?



Strengthening the core and the back

Ideal for people who spend a lot of time sitting.



Better posture and balance

Workout engages the muscles responsible for keeping your spine stable.



Flexibility and mobility

Stretching exercises help to increase the body's range of movement.



Precision and body awareness

is tailored to your abilities.



Safe form of activity

Minimal strain on joints, perfect for all fitness levels.

Where can you train Pilates on reformers?

The Medicover Sport pass provides you with easy access to facilities that offer Pilates on reformers:

Simply:

- Use the new "Pilates on reformers" filter in our facility finder,
- Select your location.

This is the quickest way to try out Pilates on reformers in practice – no commitments, no entry barriers, just go at your own pace.

And there's more!

With the Medicover Sport pass, you can:

- Work out in small groups or individually,
- Combine Pilates with other forms of activities,
- Go to the gym, do yoga or swim at over 6 000 facilities,
- Access video workouts, dietary and mental coaching in the dedicated mobile app.

LEARN MORE

