

Imagine
LIVE
LIVE



Imagine an exercise that could help you correct your posture, increase bone density, ease asthma and back pain, decrease stress... and even make you look taller! Pilates exercise also...

- › Improves strength, flexibility & balance
- › Engages the mind & enhances body awareness
- › Relieves tension
- › Restores postural alignment
- › Increases joint range of motion
- › Enhances mobility, agility & stamina
- › Improves the way your body looks and feels
- › Creates a stronger, more flexible spine
- › Accelerates the recovery process from strain & injury
- › Improves circulation
- › Offers relief from back pain & joint stress

Testimonials

MICHAEL (wife Melissa is doing Pilates with Lisa)

"Melissa is really enjoying your class. The structure it provides has been key. A very significant aspect of your program that sets it apart from the myriad of exercise options available is YOU. Your whole "life" approach has been integral to success for Melissa."

CINDY (Doing Pilates with Lisa for about 5 months)

"I am impressed with Lisa's classes. They are clear and comprehensive and demanding. I find that Pilates has helped me in my strength, agility and toning up. It is every bit as effective as weight-lifting (which I have done in the past). Lisa changes her routines regularly which I welcome as it keeps me on the ball and it makes the body more responsive. Pilates has become a way of life for me and I am grateful to have found Lisa to be such a knowledgeable instructor, right here in Summerland."

Lisa Hallquist

**BCRPA Personal
Trainer, PhysicalMind
Institute Pilates
Instructor**



Lisa was born and raised in Summerland, and graduated from Cariboo University College in 1990 with a Diploma in Recreation Management. Since then, Lisa has completed the **BCRPA** courses in Aerobic instruction, Weight Training and Personal Training, The "**Jointworks**" exercise instructors course through the Arthritis Society, received certification with AAHFRP for "**Essentials of Post-Rehab Fitness**" and in 2003, became certified through the "**PhysicalMind Institute**" for Pilates. Each year Lisa continues to excel and improve her services to you by continually attending workshops and various courses each year.



All classes are held at
**SUMMERLAND PHYSIOTHERAPY
& SPORTS CARE**
10121 Main Street Summerland, BC

SCHEDULES AVAILABLE AT:
Summerland Physiotherapy & Sports Care
or by request at:
lhallquist@yahoo.com or phone: 250-494-7574
Or on the web: www.summerlandphysio.com

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BCRPA Personal Trainer,
Pilates Instructor

LISA HALLQUIST

Personal Training & Consultation
Pilates

Private Sessions

Semi-Private Sessions

Private Sessions on the Reformer

Post-Rehab Fitness

Special Group Bookings

Corporate Bookings available

 New Spring Unit



AB: solution
"More for the Core"

A balanced blend of strength and flexibility training

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Lisa Hallquist

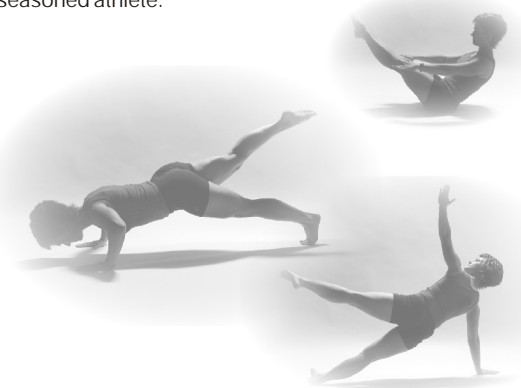
BCRPA Personal Trainer,
Pilates Instructor

Pilates Classes

Pilates

That's Pilates (pronounced Puh-LAH-teez), a series of progressive exercises designed to increase circulation, flexibility and strength. The classes focus on building a strong "powerhouse"--the band of muscles around your midsection--because its proponents believe that every movement should originate from the body's center. The regimen also involves intense stretching, precise breathing and concentrated attention on keeping the body aligned, the movements coordinated and the mind focused.

As there are many forms of Yoga, there are many applications of Pilates. Lisa expands on Joseph Pilates' original principle by creating variations and modifications suitable for the general population as well as the fitness enthusiast, and the seasoned athlete.



"In 10 sessions, you'll feel a difference.
In 20 sessions, you'll see a difference.
In 30 sessions, you will have a whole new body!"

Quote: Joseph Pilates

AB: solution
"More for the Core"



ESSENTIAL LEVEL: The focus of this session is to become familiar with the Pilates matwork. This is the introductory level to exercise with thorough instruction of the Pilates principles and beginning level exercises. The preparatory exercises will build a base of strength and flexibility necessary to progress to a higher degree of body awareness. Pre-requisite to all other Pilates sessions.

COMBO CLASS: The focus of this session is to review previous material, to refine technique, increase flexibility, improve endurance and deepen body awareness. New Essential and intermediate level exercises will be added.

MAT 1: This level of instruction is for participants with an understanding of Pilates matwork, and an appropriate strength level to move at a quicker pace.

BALL: This session takes the exercises you've learned in the Essential level and modified them for use with a stability ball. The exercises are done both on and off the ball. New exercises will be introduced that are specific to the ball class. Participants must supply their own ball.

POWER PILATES: Get ready to pick up the pace in this fast moving intermediate/advanced level class.

BOOT CAMP: Take it outside!! A fun, high-energy, fat burning, body shaping cardio workout that is sure to make you sweat! Expect strength training, stretching, agility drills, core strengthening, and more! Turbo charge your metabolism!

CORE MOTION: Build your flexibility, endurance and power in ways you never thought possible! Circuit training improves your health & athletic performance. It is versatile, motivating and efficient. It can improve your strength & aerobic fitness as well as burning fat - all in one workout.

TOTAL BODY SCULPT: This class combines Pilates exercises from the Combo class with a theraband, fitness rings, small balls and weighted Pilates balls. The added toning and increased resistance training helps to increase lean muscle mass and decrease fat tissue.

EXPRESS PILATES: If you are short on time, and need to fit in some exercise then this 30 minute class is for you.

New classes are always added to spice things up a bit! So be sure to check at the clinic for new classes or on the web at: www.summerlandphysio.com

All classes are held at the
SUMMERLAND PHYSIOTHERAPY & SPORTS CARE
10121 Main Street Summerland, BC
Certain classes may not be available at all times.



"If you put the time and energy into your workouts, I promise the results!"

Lisa Hallquist

Personal Training

In today's society, stress and inactivity has become a way of life. Personal training is the perfect answer!

Lisa can provide tools for managing these sometimes neglected areas of health, while working closely with your healthcare professional to make sure your program is safe and effective for you.

Designing the program around your goals and objectives, and time frame - at home, gym, clinic or outdoors.



Proper exercise technique and personal attention provide a safe and progressive program to bring you to optimum health and fitness. Flexibility, cardiovascular conditioning and strength training will help you create lifestyle changes that will last for a lifetime.

SPRING UNIT



ENERGIZE THE ENTIRE BODY!!!

A new unique wall mounted apparatus that provides an invigorating full-body workout.

Pilates based exercises combined with spring resistance designed to boost the metabolism and increase lean muscle mass. By combining these qualities into basic pilates movements, the efficiency and effectiveness of exercising increases ten fold.

Increase physical efficiency and performance with this full-body workout that strengthens, stretches and energizes the entire body. You will build your flexibility, endurance and power in ways you never thought possible.

