

Pilates

Pilates is a form of exercise developed by *Joseph Pilates* in the 1920's, which emphasizes balanced development of the body through core strength, flexibility, and body awareness.

Pilates is one of the most popular exercise systems in the country.

Core strength is the foundation of Pilates exercise. The core muscles are the deep, internal muscles of the abdomen and back. When the core muscles are strong and doing their job, they work with the prime mover muscles of the torso and extremities to provide smooth and efficient motion.

Pilates can be modified to a variety of populations, which is a major factor in its popularity. Whether you are recovering from low back pain or seeking to improve athletic performance, Pilates can be adapted to be challenging at any level.

Why ESPT?

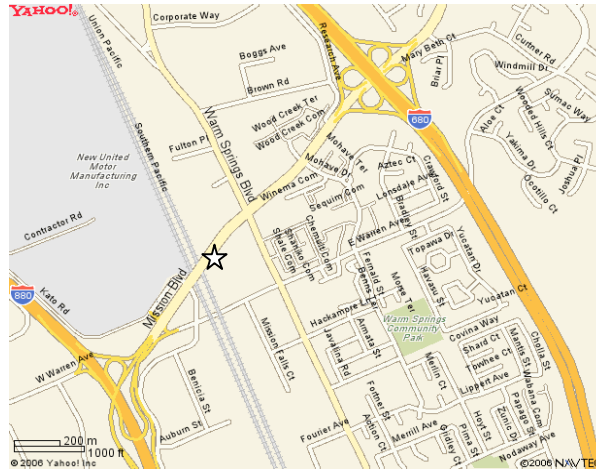
At Elite Sports Physical Therapy, we are the *only facility in Fremont that has physical therapists certified in the Pilates method*. So you can be sure that your Pilates training will not harm you by being too aggressive or by overlooking your specific medical considerations.



DIRECTIONS

From 880: Exit Warren Avenue East. Cross Warm Springs Boulevard. Turn Right into the Franciscan Shopping Center (Safeway). We are located in the back, above the dental office.

From 680: Exit Mission Boulevard. Turn left at Mojave Dr. Turn Right into the Franciscan Shipping Center (Safeway). We are located in the back, above the dental office.



**194 Francisco Lane, Suite 104
Fremont, CA 94539
Phone: 510-656-3777
Website: www.espt-ca.com**

**Open M-F 8AM-7PM
Early morning, evening, and Saturday appointments available.
Urgent appointments accommodated.**

ESPT

Personal Training

ESPT
Elite Sports Physical Therapy



Elite Sports Physical Therapy

Elite Sports Physical Therapy (ESPT) is Fremont's finest outpatient rehabilitation facility. Located conveniently in the Warm Springs district, Elite Sports PT is the premier sports and orthopedic physical therapy clinic in the Tri-City Area.

In today's healthcare system, many patients are discharged from physical therapy at only 75% to 80% recovered. Decisions are made not by qualified healthcare professionals, but by insurance companies who are more concerned about revenue than patient care.

At ESPT, we are offering personal training to help ease the transition for patients back into their recreational and functional activities.

By working with a personal trainer at ESPT, patients can continue working on flexibility, strength, and endurance in a setting with licensed physical therapists present to make sure their programs do not cause any unnecessary setbacks.



Rates

Personal Training Rates

1-Hour Session	\$75/session
6-Hour Package	\$70/session (\$420)
12-Hour Package	\$65/session (\$780)

Sports Performance Training

1-Hour Session	\$75/session
6-Hour Package	\$70/session (\$420)



Pilates Mat Classes

2-4 Clients training with Certified Pilates Instructor

1- Hour Session	\$40
6-Hour Package	\$35/session (\$210)



Pilates Reformer Training (Coming Soon)

1-Hour Session	\$80/session
6-Session Package	\$70/session (\$420)

What Is Personal Training?

Personal Training is the opportunity to exercise with someone who can help you achieve your health and fitness goals. A customized workout program will be designed specifically for you and your needs. Your trainer will coach you through sessions and instruct you on your responsibilities regarding nutrition, flexibility, strength, rest, and recovery.



Why ESPT?

All of our personal trainers at ESPT are certified by the National Strength and Conditioning Association (NSCA) as Certified Strength and Conditioning Specialists (CSCS). The NSCA is the worldwide authority in strengthening and conditioning and the CSCS certification is the "gold standard" among Division 1 Intercollegiate Athletic Programs.

ELITE SPORTS PHYSICAL THERAPY

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