



Pilates moves to get your booty into shape – Amy Jay

Discover some functional and compound movements to give your butt some TLC with a number of Pilate's moves that have stood the test of time. Based on a number of Pilate's principles and foundations, these exercises will target all three glute muscles while giving you a butt burning workout that will have those muscles screaming. It is an easy to follow routine and there is no equipment required. This work out will get your behind toned superfast and can be easily incorporated to any existing Pilate's routine.

Amy is a national and international presenter in indoor cycle and Pilates and a lecturer in Group Fitness instructor courses and yoga teacher training in Australia and overseas.

Amy has a post graduate qualification in Human Nutrition and has a specific interest in sports nutrition and specializes in postural assessment, rehab and fully functional core training and yoga.

Trained in Stott Pilates and Hatha Yoga she has worked with a number of teachers in the Pilates method in Australia and from the US, Amy has years of experience working in studios, corporate, private and various health and fitness centres.

Amy has a fully equipped Pilates and yoga studio in the Melbourne Bay side area, where she holds instructor training and mentoring of students. She is also the author of Indoor Cycle Fundamentals for cyclists and appears in cycle and Pilates DVDs.

Her passion is to be able to help clients achieve lifelong physical changes and brings motivation and passion into her training courses and classes. She can be reached via www.amyjaya.com



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