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Studio  
**21**

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*Personal training & Pilates institute*

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# Studio21

*Crans-Montana (Switzerland), since 1999:*

- › Motivating results.
- › Exercises customized to your training level and functional abilities.
- › Close coordination with health professionals.
- › A completely private facility with state of the art equipment.
- › Open all year round, centrally located, parking nearby.
- › Flexible hours.
- › Optional shared personal trainer.
- › Programs to fit your needs.
- › We speak French, English, German and Italian.



*By appointment  
Monday through Friday  
From 8 to 12 am.  
& from 2 to 6 pm.*

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Rue Louis Antille 2  
3963 Crans-Montana

# *Carine Bestenheider*

## *› Your personal trainer*



### *Educational background:*

- › University of Lausanne, UNIL & EPFL, Department of Sports, fitness & aerobics.
- › Certified personal fitness trainer,  
2 postgraduate certificates:  
IFAS – Nyon and Vertigo - Lausanne.
- › "2<sup>nd</sup> Generation Pilates Teacher and Lolita San Miguel Pilates Master"™.
- › Specialist in functional training and conditioning for golf.
- › 15 years of experience in teaching Pilates.
- › Lifelong continuing education in Switzerland and abroad.
- › Multi-sports athlete, owner and manager of Studio21.
- › Member IDEA since 1998.



Inspiring the World to Fitness  
[www.ideafit.com](http://www.ideafit.com)

# *Studio21, exercise for the 21st century*

*“My approach works for everyone: from sedentary adults to elite athletes.”*

It is holistic and includes the contemporary principles of exercise science. Gentle and progressive, it makes daily activities easier and improves general sports performance. The secret is to choose the right exercise, dose the volume and the intensity of it and follow the program with regularity and consistency. In the sports and physical activity (SPA) area, “personal training” awakens in you the pleasure of progress in a safe environment. It is the ideal means for achieving your objectives in an effective manner with support and professional guidance. *Because everyone of us is unique.*

*“Get back your energy and vitality. Take the time, just for you. When you respect your body, you will make well-being one of your life's foundations.”*

## *Your objectives:*

- › A better shape, strong and toned muscles.
- › Improved mobility and flexibility.
- › Small waist, firm hips and thighs, a flat belly.
- › A strong and healthy back.
- › A streamlined figure, a better posture.
- › Feel good, look good, be happier.

*“Physical fitness is the first requisite of happiness.” (Joseph Pilates)*

*Programming options:  
Private, semiprivate and small group (4 to 8 people).  
With the help of your trainer, choose the options that best suit your needs.*

1. *Pilates* - a powerful functional training method for the physique to harmonize your Body & Mind.
2. *Spirals* - a playful and functional training group class choreographed to motivational music that will move you. We focus of the movements is mobility and stability.
3. *Stretching* - a core component of each of our sessions to help you maintain your flexibility and mobility.
4. *Functional strength* – essential to maintain or gain muscle mass and bone density, strength training also helps you control your body's weight and shape. Functional training will help you be more functional in your daily life.
5. *Cardio training* (indoors & outdoors) – increases your aerobic capacity, helps you maintain your heart in shape, improve your endurance and stamina, control your weight and adds to the enjoyment of life.
6. *Conditioning for golf* - improves your performance, maintains your back in good health, boosts your concentration, trains your coordination, balance, strength and flexibility and... extends your playing years.
7. *Sports nutrition & lifestyle coaching* - an effective aid to help you achieve your health and fitness objectives.



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*Pilates*

# Pilates

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*“10 sessions, feel the difference,  
20, see the difference,  
30, have a whole new body.” (Joseph Pilates)*

Pilates, created by Joseph Pilates is a mind-body discipline that combines core stabilization and peripheral mobility training to enhance the way the body functions. Combined with recent exercise science, this approach is a recipe for success for a number of reasons: Pilates develops body awareness, promotes effective breathing patterns and inner focus, builds core strength, restores natural posture, improves balance, increases strength and flexibility.

*In Studio21, you find the full repertoire of Pilates exercises and equipment.*

We offer 55 minutes sessions:

› ***Private and semiprivate equipment training:***

(Cadillac, Reformer, Arc barrel, Step barrel, Ladder barrel, Wunda Chair)  
standing Pilates and mat.

› ***Mat based small group classes (4 to 8 persons) and small equipment:***

(Swiss balls, bands, resistance rings, toning balls, foam rollers, soft balls etc.).  
Schedule on [www.studio-21.ch](http://www.studio-21.ch) or call +41 (0)27 480 33 00 for information.



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Spirals

# *Spirals*

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*A new Mind-Body movement class.  
We focus is mobility and stability.*

Stability is the ability to maintain posture and control motion. Stability can be static or dynamic.

Michael King and Veronica Ponieman, former dancers of the London School of Contemporary Dance and the Alvin Ailey Dance Company in New York taught dance, fitness and Pilates over many years. They created Spirals.

Music plays an important role within Spirals. A peaceful, tranquil atmosphere lets you connect with yourself. It helps you perform the exercises in a more efficient and conscious manner.

*This program is taught over 30 countries worldwide.*

You evolve in a small group setting but you receive individualized attention. Spirals increases self-esteem and enhances body image.

Schedule on [www.studio-21.ch](http://www.studio-21.ch) or call +41 (0)27 480 33 00 for information.  
For more information about Spirals, please go to [www.spiralstheclass.com](http://www.spiralstheclass.com)



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*Stretching*

# Stretching

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## *Mobility & flexibility*

The object is to keep body mobility or even increase it. Beyond this, stretching helps maintain muscle elasticity and contributes to a healthy posture. It prepares the body to respond to the demands made on it by movement. We exercises are done in a slow, controlled fashion. Stretching may be included in certain other training techniques (Pilates, martial arts, dance, yoga, psychomotor, sports, etc.).

After assessing you, your personal trainer will help you with stretching exercises and techniques that best suit your body. Some muscles might need to be strengthened while others might need lengthening. To be functional or to better move, our body needs to have balanced strength and flexibility.

*“Stretch, breathe, learn to move better, become flexible... and experience the other very physical joys that are so good for your mind and whose repetitions maximize fitness, well-being and stamina.”*



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*Functional strength*

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# *Functional strength*

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## *An evolution*

Strength training exercises can be performed by isolation of a certain muscle or muscle group (for example on traditional strength training machines), or in a more evolved way that allows you to work in multi-directions or multi plan and involve different muscles groups and motor patterns. They can be either static or dynamic exercises. The dynamic exercises rely on movement and are functional. They help us function better in our daily lives.

For greater results and to better individualize your program, we will first identify the physical imbalances or weaknesses and correct them with specific exercises.

*«Functional training (integrated exercise) will only be effective if the weak links are first identified and eliminated to prevent compensatory patterns».* (Greg Roskopf, MA)

We offer a variety of equipment options ranging from “wall Kinesis,” traditional free weights, last generation Power Plate, TRX suspension training (a revolution in functional training).



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*Cardio training*

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# *Cardio training*

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## *Indoors & outdoors*

After a cardiovascular assessment, we teach you how to train effectively and safely on the treadmill, cross trainer, spinning bike and help you use the heart monitor. Your program is implemented gradually to put you in your best shape ever.

If you want to run a marathon or participate in a mountain race, we prepare you for the challenge with an individualized training plan that we establish for you, taking into account your level of performance and the date of the event.

Accompanied by your trainer, discover the many outdoor training possibilities in the beautiful Valais Alps. (We can initiate you in Nordic walking, ski touring, cross country skiing, snowshoeing, running, power walking, fitness trail, inline roller-skating, mountain biking, etc.).



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*Conditioning for Golf*

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# *Conditioning for Golf*

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*We include all aspects of bodywork.*

The focus varies from increasing flexibility and balance to enhancing coordination, speed and power. This means that for each person, the specific issues vary in spite of the focus being the great game of golf.

Coordinated movement exercise lets you increase the involvement of a particular muscle in motor sequences related to a more or less complex series of actions, such as a golf swing. Coordination will include various aspects, such as speed and power. All physical routines (riding posture, tennis serve, various dance turns, etc.) require specific training. However, underlying all the routines are primary coordinated- or pre-movements that the others build on, acquiring them will let you access the most varied techniques. Movement, coordination essentially, activates muscle in a smooth neuromotor operation.

The Pilates method builds strength in the core whilst simultaneously improving flexibility, coordination and focus, all factors that are essential to a natural golf swing.



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*Sports nutrition & lifestyle coaching*

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# *Sports nutrition 21 & lifestyle coaching*

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## *Healthy food for a healthy body*

A light, balanced diet can only influence your mood and behavior in a positive way. You learn to value quality over quantity. Eating habits are established at a very young age, which makes it impossible to transform lifelong eating habits in a day. It is possible, however, to let go of them one by one. Gradually, your tastes change and your taste buds know how to detect the subtle richness in food that is more natural. Your sense of taste heightens and you take pleasure from eating healthy and varied products without forcing yourself to do so. Gradually, You will feel better with your body. Physical activity is very enjoyable when the body receives daily the food that is good for it.

*"Physical activities offer us the opportunity to effect changes in our bodies and minds and these changes also add to our quality of life and improve our emotional state, but it takes at least 21 months to change our habits"* (Carine Bestenheider)