



We're very proud to have been supporting the Luton Town Academy during lockdown by helping the players of tomorrow to keep their bodies moving with Pilates.

The Pilates Pod was established in Hitchin in 2011, and as Luton Town supporters ourselves we're orange through and through. Over the years we've been lucky to have worked with some of the current first team including Danny Hylton.

Our studio in Bancroft, Hitchin is currently closed due to the lockdown restrictions, but we've continued offering brilliant online Classical Pilates classes online via zoom thanks to our amazing team of highly-qualified instructors.

You can join in too. Find out how on our website:

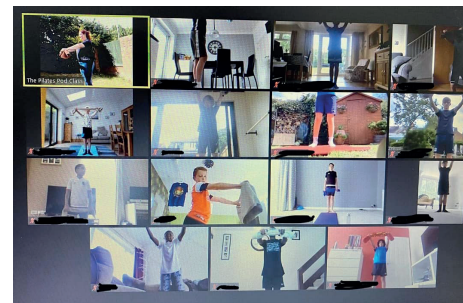
www.thepilatespod.co.uk

COME ON YOU HATTERS!

ACADEMY PILATES



PILATES POD SESSIONS PAYING OFF FOR ACADEMY LADS



Head of Education and Welfare, Dale Brunton, said: "Michelle has offered her expertise free of charge for the last four weeks to support the Academy during lockdown and it has been an amazing experience for the boys.

"The majority of them have never heard of Pilates, let alone taken part in it, so for them to experience something new which will improve their physical performance has been fantastic." Up to 30 boys at a time have taken part in the sessions which were hosted by Michelle from her home via Zoom, and the results have been evident straight away.

For the last four weeks, the academy boys have been utilising the expertise of a local business to try and improve their physical performance during lockdown.

Michelle Smith from the Pilates Pod in Hitchin has been running weekly Zoom sessions for the academy boys to support their physical development while they haven't been able to train as normal.

The hour-long sessions have focused on the boys improving their core strength with a view to improve their ability to exert power whilst playing for the academy.

"I'm really proud of the boys for how seriously they took it and those that committed to the four-week practice..."

"Michelle said "It's been a pleasure to work with the lads from the Academy. At The Pilates Pod, our studio is used to working with clients of all kinds, including professional sports players, and we know what amazing benefits the classical method can bring to help those with injuries and imbalances, but to work on a preventative prehab level is the best medicine the lads could give to themselves and their young developing bodies.

"I'm really proud of the boys for how seriously they took it and those that committed to the four-week practice, it was a joy to watch the change in how their bodies moved and the internal strength they created.

"The foundations are now laid to help them go on and continue with the method if they want to be strong, supple and balanced football professionals. You should be proud of yourselves, well done lads!"

The Pilates Pod and the work that Michelle and her staff have been doing there during lockdown has drawn attention from The Guardian who wrote an article on her hard work. For more information on The Pilates Pod and how to sign up for classes, please visit www.thepilatespod.co.uk/