



OPTI-LIFE

OPTIMAL PILATES

FOR YOU, FOR PATIENTS, FOR ATHLETES



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Optimal Pilates is a mind-body program designed to improve flexibility, posture, stamina, and overall strength through methodical, controlled movements, and coordinated breathing.

Optimal Pilates is divided into three separate programs **(For You, For Patients, For Athletes)** created to challenge and improve the health and well-being of all Opti-Life Members, despite limitations or ailments.

Health Benefits

- BUILD STRENGTH
- IMPROVE BALANCE
- IMPROVE FLEXIBILITY
- STRENGTHEN THE CORE MUSCLES
- CORRECT POSTURE AND ALIGNMENT
- GREAT CROSS-TRAINING FOR ATHLETES
- INCREASE BODY AWARENESS AND CONTROL

