

6 Reasons why you should Try Ballet Pilates Workout

Ballet is a classical dance established in the 15th century and was then mainly performed to entertain the highest level of society like the nobles, kings and queens. Ballet movements were made with fluidity and grace. Back then ballet dance were performed by just ballerinas to entertain royalty, but as time passed, ballet has become more modern and was also considered a great exercise not just for woman but also for men.

The modern day [ballet class in Singapore](#), for example, starts with a series of exercises and dance combination to exercise the whole body. You can also expect that your feet, legs, abdomens and arms during the ballet routine.

Another booming ballet routine workout is the ballet pilates workout. This kind of workout lengthens and stretches all the major muscle groups in the body. The workout is made to make ballet dancers and casual trainers to keep their body fit and lean. Pilates method vary from each person, so you still have to get yourself evaluated before going to the workout.

Here are 7 reasons why you should try [ballet pilates workout](#):

1. It improves flexibility

Ballet pilates workout will improve your body's overall flexibility. Of course, you will not gain the body flexibility in an instant, but through practice you will be able to improve your flexibility.

2. It will improve your endurance

If you want your body to get physically buffed and healthy, one of the good options is enrolling yourself in a ballet class here in Singapore. Ballet will help you become fit that you will be able to do strenuous things easily. After starting up in a ballet class, you will be pleasantly surprised with the endurance you will gain from it.

3. It will correct your posture

The ballet program will also improve your posture, as ballet requires a great body posture. Due to the increase of your body strength, your core or postural strength will gradually increase too, giving you a much more great body composure. You will have a great body awareness.

4. It will improve your coordination

Combining strength, endurance, flexibility, and posture will provide your body great coordination. You will be able to control your body to its full potential without exerting unnecessary efforts to do things, and your daily activities. You will never feel disconnected with your body again.

5. You will gain more strength

One of the most widely known ballet workouts is the ballet pilates workout that will eventually build your body strength. Because ballet dancing is not just about cardio exercise, a regular ballet practice can definitely give you as much strength as any training. The gradual increase in your physical strength will make your every movement more fluid, and you will find yourself more fit to carry different things in your life.

6. It will uplift your energy

Aside from strengthening and enduring your body, ballet will definitely improve your energy as it releases powerful chemicals from your body that can lift your spirit. A weekly ballet class could be a great start for uplifting your mental and physical health.

These are just some of the reasons why you should try enrolling yourself in a ballet class in Singapore and start a proper and extensive exercise.