

Ongoing Pilates Training In Chicago

Pilates Unlimited owner Carole Fraser and Training Manager Ray Medemblik recently attended the Romana's Pilates international training conference in beautiful Chicago.

The conference is a fantastic opportunity for Romana's Pilates teachers from all over the world to meet with each other, learn from the world's top master teachers at specialised workshops, work out together, attend specific meetings for training apprentices, and of course, enjoy plenty of social opportunities! As this was the first conference since Romana's passing it was also an important time to remember her legacy and share stories of her teaching.

Ray and Carole caught up with many experienced teachers, including Jerome Weinberg from NYC who has spent time at Pilates Unlimited, and Rodrigo from Brazil who taught at Pilates Unlimited 10 years ago. Ray was also able to have a lesson with the very experienced Anthony Robara from New Jersey.

Pilates Unlimited is the training centre for Romana's Pilates in NZ. "We currently have four apprentices going through the intensive training programme, which takes approx 12 months to complete, so it is important to attend the Training Conferences to keep everyone's learning top notch," says Ray.

"Our clients love it when we have extra training sessions as they always benefit from our knowledge and extra inspiration! Next month is the Romana's Pilates Annual Training day with Cynthia Lochard & Zanzi Mann from Sydney - this day is for all Romana's Pilates Instructors in New Zealand to renew our practicing certificates," says Carole.

The studio has been operating for over 14 years with over 200 loyal clients who have been coming for many years. Pilates Unlimited is a boutique-style studio offering private sessions, duo sessions and small classes in Northcroft Street, Takapuna Beach, just along from The Department Store.

So with spring on its way now, it's a good time to come and experience Pilates with an experienced instructor. For further information please refer to the web site or call the studio.

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For further information on Authentic Pilates please contact the studio on 486 1018 or check out the website www.pilatesunlimited.co.nz ◀



Carole's hotel window view.



Ray Medemblik, Carole Fraser and Jerome Weinberg.



Rodrigo, Carole and Ray.



Anthony & Ray.

PILATES UNLIMITED

takapuna beach

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