

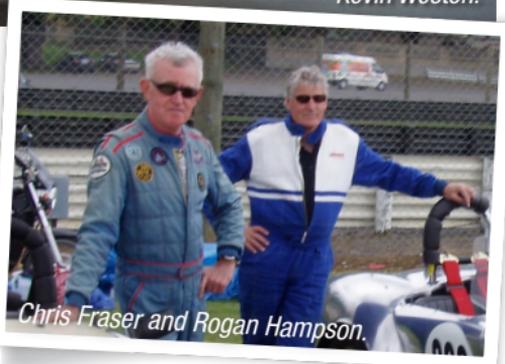


# Pilates for Men at Pilates Unlimited

Kevin Weston.

*"I have been teaching Pilates now for over 14 years and I am amazed at how many of the newest clients are men. In fact, there are times in the studio when all of the instructors are teaching men. So this month's article is to talk*

*about why men do, or should be doing, Authentic Pilates," says Carole Fraser, owner and Pilates instructor.*



Chris Fraser and Rogan Hampson.

**The method's founder, Joseph Pilates, had a lifelong interest in body conditioning. He became an accomplished skier, diver, gymnast and boxer. He first started training wrestlers, boxers and circus performers in New York in the early 1930s. His original workout was designed by a man for men. Today Pilates is taught around the world to men and women of all ages.**

Client Kevin Westin, Director of Executive Travel NZ, started his Authentic Pilates training two years ago and has been coming for private one-on-one lessons two to three times per week on a regular basis. "Kevin is in his mid-forties and is an avid golfer and has kept fit at the gym for many years. However what Kevin needed was more core strength, more flexibility and to improve his posture," says Training Manager & Pilates Instructor Ray Medemblik. Kevin says he really didn't know much about Authentic Pilates before he started, but he has seen such great results – he is now standing taller, he understands how to work from his abdominal muscles, his flexibility has increased and his golf has improved! He also finds he has more energy for enjoying time with his family as he balances a busy NZ travel business.

Chris Fraser and Rogan Hampson are both regular clients of the studio who do two lessons per week. They are both now 70 and find that Authentic Pilates is enabling them to continue what they both enjoy, Classic Car racing which requires good flexibility, endurance, concentration and being able to get in and out of the car by using their core muscles.

Over 35% of Pilates Unlimited clients are male. A local Takapuna icon, Retired Judge Barry Morris, has been a regular client at the studio for nine years coming twice per week to instructor Ray Medemblik – Barry can't speak more highly about Ray and his wellbeing with regular Pilates sessions.

So with Father's Day coming up we have Gift Certificates available to get your father, or the male in your home, started in Pilates.

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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](http://www.pilatesunlimited.co.nz) ◀*

**PILATES UNLIMITED**

takapuna beach

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