

Authentic Pilates - The Real Deal!

Pilates Unlimited opened its doors in 2000 and is now a well-established studio located in Takapuna (just along from The Department Store). It also operates as a training centre directly affiliated with Romana's Pilates based in the USA. The studio is fully equipped with top-of-the-range equipment from Gratz, imported from New York. "This apparatus was designed by Joseph Pilates and used by his protégé Romana Kryzanowska and her teachers for decades. We believe that the work and the equipment go hand in hand," says instructor/owner Carole Fraser.

At Pilates Unlimited we offer to help you establish a workout that you will truly enjoy - every individual receives a programme within the authentic system of exercises that is tailored to his or her needs and fitness level.

Pilates is ideal for general body conditioning, strengthening the spine, recovering from injury, and improving posture. The exercises relieve stress and increase coordination, balance, and flexibility.

How do I get started?

The best way to learn Pilates is with regular private lessons twice a week. We offer a Starter Pack for new clients that includes five private lessons and two free mat classes to get you started. These lessons can be booked at a time to suit you.

Private lessons typically begin with some work on the Reformer apparatus, bringing awareness to alignment and teaching you how to work from your centre. The instructors will then teach selected exercises on the mat and other apparatus to address your particular needs and goals. Over time, the sessions will include more advanced exercises and different pieces of equipment to provide a constantly challenging and varied workout - so you never get bored!

Mat classes and tower classes are a great option for clients who want to book in an extra session. The studio also offers duo lessons for two people of a similar level this can be a good way to work out with a family member or friend.

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

PILATES UNLIMITED

takapuna beach



PILATES STUDIO FOR MEN AND WOMEN

The Real Deal

Authentic Pilates as taught by Joseph Pilates

Starter Pack available NOW

**Revitalise, strengthen and feel good with
our Certified Authentic Pilates Instructors.**

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