



Nora and Suzanne.

Family workouts

Pilates Unlimited opened in 2000 and has recently celebrated 14 years in business. Having had so many years working with many of the same clients gives the studio some great stories. Pilates is meant to support strength and wellbeing through all stages of life, so it's fantastic to see clients enjoying Pilates year after year.



Clare Gladding Geraldine Thomson.

Most clients do private lessons twice a week, however, there are several clients who share their second lesson with a family member. The studio is often busy with workouts shared by husbands and wives, sons and daughters, and nieces and nephews, many of whom have been doing Pilates for many years!

In fact, Takapuna local Nora Bonham just celebrated ten years of Pilates. The team all agree that Nora is in great shape. Nora exercises with her niece Suzanne Hansen. They are great advocates and over the years they have both seen the results that can be achieved through regular practice of Authentic Pilates.

Clare Gladding also started coming to Pilates ten years ago. Since then, Clare has introduced Pilates to her daughter Geraldine - who has now been a client for eight years - then her husband Stuart, who in turn suggested son-in-law Richard start Pilates too! Clare books in twice a week and often works out with her daughter.

"It's great that we can do something together that we both enjoy and is very good for us," says Clare.

If you are interested in finding out more about Authentic Pilates, give the studio a call on 486 1018 - owner Carole Fraser and her team of certified instructors will be happy to show you around the studio.

18 Northcroft Street, Takapuna Beach, just along from The Department Store
www.pilatesunlimited.co.nz ◀

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takapuna beach



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