



Kevin Westin.

Pilates for Men at Pilates Unlimited

"I have been teaching Pilates now for over 10 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. Earlier this year when well-known Pilates instructor Mari Winsor was visiting the studio, we talked about that - 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.

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.

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Client Kevin Westin, Director of Executive Travel NZ, started his Authentic Pilates training last year 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 Carole.

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.

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 eight years coming twice per week to instructor Ray Medemblik - Barry can't speak more highly about Ray and his wellbeing with regular Pilates sessions.

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

PILATES UNLIMITED

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