



New Year, New Body

You will feel better in 10 sessions, look better in 20 sessions, and have a new body in 30 sessions.
– Joseph pilates (when you practice three times a week).

“The Pilates Method of body conditioning is a unique system of stretching and strengthening exercises developed over nearly one hundred years ago by Joseph H.Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and creates a more streamlined shape. Many of the exercises we teach at the studio were developed by Joe Pilates to take into our everyday life and that’s what we teach our clients,” says Carole.

At Pilates Unlimited we have many clients that do two or three sessions of Authentic Pilates each week, which means they see the best results and benefits. 80% of the clients choose to book in private lessons this way the workout is specific to their individual body. The studio is fully equipped with all of the apparatus from Gratz in New York to offer an overall body workout.

If you want to try Authentic Pilates we have a 12-week programme comprising of 2 private lessons per week and then adding in an extra session with a class. If this is something you are interested in please contact the Studio to discuss.

Carmel Byrne is a loyal long-term client that commits most weeks to three Pilates sessions with instructor Laiza Lima at the studio.

Carmel says: “It’s all about wellbeing and feeling good. I have been a client for over 10 years; during that time my enthusiasm for Pilates has continued to grow as I enjoy the benefits of improved strength, flexibility, balance and alignment in my day to day life. As well as the physical benefits, I also find Pilates great for stress relief. The concentration required to do the exercises means I can’t focus on anything else at the time.”

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So if you are interested in trying Authentic Pilates, we have many options that we can tailor to suit, please pop into our studio in Northcroft Street studio just along from The Department Store or contact the studio on 486 1018 or refer our website www.pilatesunlimited.co.nz ◀

PILATES UNLIMITED

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