



Tamika Walker visiting instructor Pilates Unlimited.



## An Authentic Pilates Career

- Tamika Walker

Visiting the studio this month is Tamika Walker. The 24-year-old instructor has Pilates in her blood. Tamika's mother, Cynthia Lochard, is one of only four international Level 1 teacher trainers in Romana's Pilates, and a frequent visitor to Pilates Unlimited.

"Whilst spending time with Tamika I wanted her to share her story as there may be other young people interested in fitness and she is a great example that may inspire others to train to become a Pilates Instructor. If you would like to look at a career teaching Pilates please read Tamika's story and contact us for more information on this certification programme," says Carole Fraser Owner/Pilates Instructor. Refer to the international websites: [www.romanaspilates.com](http://www.romanaspilates.com) and [www.pilatesunlimited.co.nz](http://www.pilatesunlimited.co.nz).

Tamika's background is in athletics, including competitive swimming and netball. Though Pilates was part of her life from a young age, Tamika developed her own passion for the work during high school. From the age of 15 Tamika took two to three lessons a week, using Pilates to recover from sports injuries. "I found that while teammates were falling apart, Pilates helped me excel - and as I got older I got better," she says.

It was a natural progression for Tamika to train as a teacher. Romana's Pilates training is a rigorous process that involves three intensive seminars and a 700-hour apprenticeship, which Tamika undertook in Sydney and New York. "I had a lot of injuries, so it took me a long time to get to where some people start," she says. "But it gave me the chance to work on my own body and really understand Pilates."

After finishing her own training, she also had the chance to travel the world and teach. "Romana's Pilates opens a lot of doors in studios around the world," Tamika explains. "It's an international programme, so you can step in anywhere - you're walking into studios that are very welcoming." Tamika has taken her skills to Sydney, New York, Moscow, and most recently New Orleans - and of course she is a big fan of Takapuna beach!

Tamika's ambition is to bring Pilates to athletes at all levels, from school students to professionals. "Pilates is very rehabilitative, but it's also meant to keep the strong stronger." Her advice for those considering a career in Pilates is to enjoy the process: "Start as a client and learn the work deeply in your body. It's a big commitment, so you need to know what you're committing to. My philosophy is, if you want to be the best, train with the best."

As the New Zealand training centre for Romana's Pilates, Pilates Unlimited hosts seminars with Cynthia Lochard, who has more than thirty years' experience. The whole team speaks highly of Cynthia's knowledge and support, and clients also benefit from the team's constant emphasis on improving their teaching.

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*The April issue will feature the studio's most recent visiting teacher, Mari Winsor of Winsor Pilates fame. For more information, visit [winsorfit.com](http://winsorfit.com). If you are interested in becoming a Pilates instructor, please contact Carole Fraser on 486 1018 or email [info@pilatesunlimited.co.nz](mailto:info@pilatesunlimited.co.nz) ◀*

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takapuna beach

[www.pilatesunlimited.co.nz](http://www.pilatesunlimited.co.nz)

18 northcroft street . takapuna beach . phone 486 1018