

From New York to North Shore

This month Pilates Unlimited celebrates 14 years of operation in Northcroft Street just along from the Department Store. "We have many clients who have been coming to the studio for over 10 years and we do have several foundation clients who started 14 years ago," says owner and Pilates instructor Carole Fraser.

The studio has a great team that work well together, Ray, Lizzie, Harriette, Cheryl and Vanessa.



Carole presenting Ray with his leveling certificate for Training.

Ray has been teaching at the studio for 11 years and was recently promoted to Training Manager at Pilates Unlimited. This leveling certificate comes from Romana's Pilates USA. Congratulations to Ray on this achievement and commitment to Romana's Pilates.

Last month the studio had a visit from Cynthia Shipley who is a teacher trainer from True Pilates New York. The instructors at the studio had lessons with her which was great – Cynthia is highly experienced in the Romana's Pilates Method and took us all through our paces and shared her knowledge of how to connect more deeply with the exercises to maximise the benefits of Pilates. Also a few of our clients had private lessons, which they all enjoyed, and Cynthia taught a special mat class to the clients.



Pilates Unlimited Team & Cynthia Shipley.

Ongoing training is vital in any business and at Pilates Unlimited Carole ensures that all the instructors have opportunities to do extra training. "It keeps us all inspired and it's great to always be learning," says Carole.

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For more information or to book a session, contact the studio on 486 1018 or email info@pilatesunlimited.co.nz. ◀

PILATES UNLIMITED

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