



Reform Your Body, Reshape Your Life

Pilates Unlimited opened its doors in 2000 and is now a well established studio located in Northcroft Street, Takapuna. It also operates as a Training Centre directly affiliated with Romana's Pilates based in the USA.

Joseph Pilates' ambitious promise to his clients was that after 10 lessons they would feel different, after 20 lessons they would look different, and after 30 lessons they would have a new body. At Pilates Unlimited, the team is committed to delivering the same results Joseph Pilates produced in his original New York studio. Pilates Unlimited clients, many of whom have been with the studio for over ten years, find Authentic Pilates is a great form of prevention which helps them improve posture, strengthen their whole bodies, support their backs, increase flexibility, relieve stress, and enjoy life to the fullest!

The team at Pilates Unlimited practice what they preach - at the studio's end-of-year party Ray, Lizzie and Ana performed a Reformer demonstration including some of the more advanced exercises that take a lot of practice. Clients really enjoy seeing us the instructors work out! Regular training workshops ensure that the team are well-prepared to teach everyone from the injured to the super-fit.

If you're intrigued by the sound of Authentic Pilates and want to make 2015 a year of wellbeing and strength, feel free to call Pilates Unlimited! The team - Carole, Ray, Lizzie, Harriette, Ana, Cheryl, and Vanessa - will be happy to show you around the studio. Regular sessions 2-3 times per week give great benefits and each session is tailored to your individual needs and goals.

The studio is already looking forward to helping clients start the year feeling great.

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

PILATES UNLIMITED

takapuna beach

AUTHENTIC STUDIO FOR MEN & WOMEN

At Pilates Unlimited we work with our clients by providing a challenging workout for people of all ages and fitness levels.

- Strengthen your abdominals
- Increase flexibility
- Improve posture
- Create longer, leaner muscles

Come and experience Authentic Pilates with Certified Instructors.
18 Northcroft Street, Takapuna Beach – Phone 486 1018

www.pilatesunlimited.co.nz