

| Pilates Studio | Pilates Mat Work | GYROTONIC® | GYROKINESIS® | Nordic Walking | Fitness Shop

pilates
PLUS



Welcome to Pilates Plus where help and advice are always at hand

Pilates Plus can cater for all your health and fitness needs, Pilates, Gyrotonic®, Nordic Walking, there's something for everyone. Our experienced staff are always available to answer your queries and with classes on offer 7 days a week we will help you to make exercise a part of your life.

The Pilates Plus shop offers some of the best products available for practicing Pilates, Yoga and Nordic Walking, plus a wide range of high quality exercise clothing from leading brands.

Thriving on a reputation built around the personal, friendly atmosphere to be found, Pilates Plus is waiting to welcome you.

Sarah

Pilates Plus is led by director Sarah Duley, a founder member of the Pilates Foundation, Pilates, Gyrotonic® and Nordic Walking instructor with over 10 yrs teaching experience.



It is the body which builds the mind.

Pilates

Evolved from techniques created by Joseph H. Pilates more than 70 years ago, Pilates is a non-aerobic form of exercise that dramatically improves strength, flexibility, co-ordination and posture. Controlled, smoothly flowing exercises train both the body and mind, improving posture, muscle imbalances and body awareness. Deep, lateral breathing is encouraged, helping circulation, energy levels and general well being. Pilates is not an overnight cure, but it becomes a way of life which when practiced regularly gives long lasting results.

Who will it benefit?

Following operations or injury it is gentle and supportive, giving the body time to recover and build strength in weaker areas. It is safe throughout pregnancy, targeting muscle groups that will help both leading up to and following birth. It is effective for stress related conditions, improving circulation and flexibility, thereby releasing tension, but it is equally beneficial for those wishing to streamline their bodies and improve general well being.



Pilates Plus Studio

Personal, caring tuition tailored to each individual

Our Pilates studio uses original Pilates apparatus, such as the Reformer, Cadillac and Wunda chair, whose springs and pulleys add to muscle resistance. Groups are no larger than 3 ensuring attention to detail at all times. On your first private session, one of our highly qualified instructors will discuss your personal goals, and make a postural analysis. Then you will be lead through the basic principles of the Pilates technique with focus on pelvic floor muscles, core stability, postural awareness, breathing and stretching. Subsequent classes are taken with a maximum of 3 clients at a time and you will continue to develop your own personal programme, working at your own level, under the guidance of the instructor. The Pilates Studio is highly recommended for anyone wishing to experience the technique fully and is essential for anyone with injury.

How do I get started?

Classes last one and a quarter hours and run throughout the day 7 days a week. First a newcomer's private session must be booked following which clients book week by week or choose a suitable time as a regular slot to attend weekly.

To book your session just call or pop into the Pilates Plus Shop, where one of our receptionists will be happy to help.

**We highly recommend taking advantage of our special introductory course offer.*



Whilst Pilates strengthens the weak it also challenges the strong. There is something for everyone.

Pilates Matwork Classes

Pilates matwork classes are held in groups of up to 12 people. They are performed without the use of specialised Pilates equipment and everyone executes the same exercises.

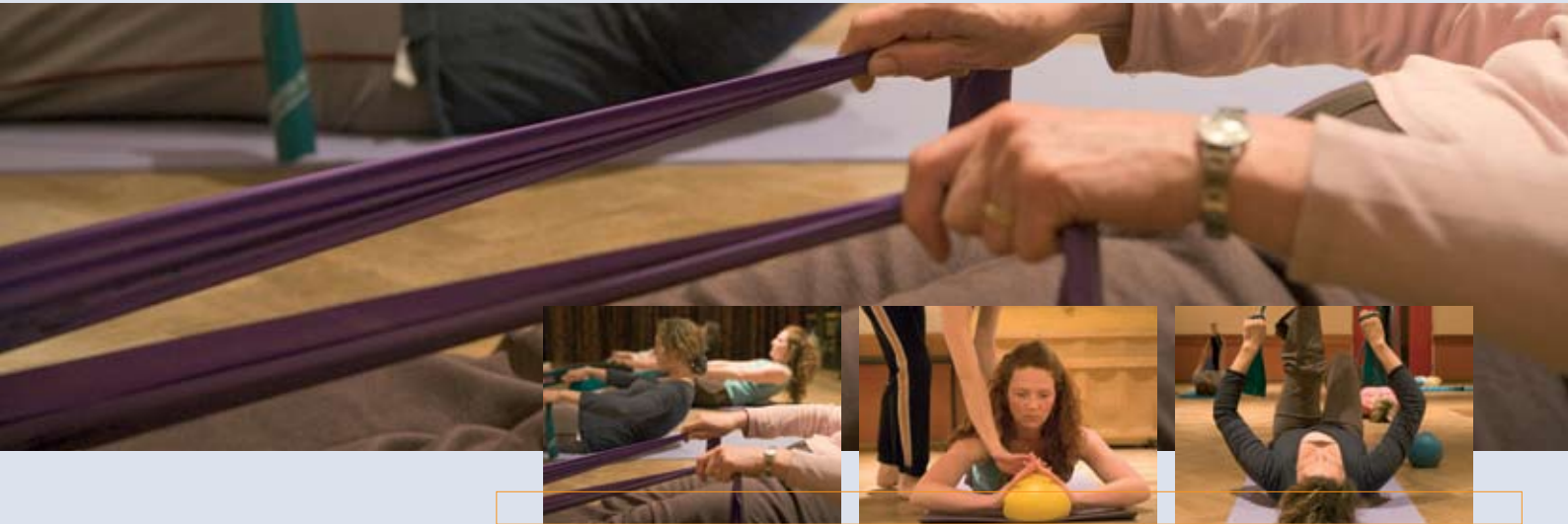
Focus is on core stability and stretching with most exercises performed lying on a mat, though small apparatus may sometimes be used to challenge stability.

If you have an injury of any sort, we would advise that you attend the studio first. During pregnancy it is also recommended that you attend the studio, where classes can be tailored to your individual needs.

How do I get started?

It is best to first attend a trial session following which both you and your instructor will be able to decide if Pilates matwork is right for you.

Sessions can be booked through the studio subject to availability. You will need to bring an exercise mat with you to these sessions. They can be purchased from our shop or on-line store.



Gyrotonic®

Devised by Hungarian Julio Horvath, the Gyrotonic® Expansion System is ideal for anyone wishing to gain strength, flexibility and co-ordination. Developed from an exploration of yoga, tai chi, swimming and dance, this unique system simultaneously stretches and strengthens the body. A range of undulating, fluid movements performed on the specially designed Gyrotonic® tower, mobilize the spine and rejuvenate the body. The nervous system is stimulated and strengthened, circulation and energy flow improved. Depending on the intensity and speed of execution the Gyrotonic® method can be used to create a vigorous cardiovascular - aerobic workout, but is equally effective as a form of remedial therapy.

Who will benefit?

Gyrotonic® works beautifully alongside Pilates and its principles can be adapted to Pilates to enrich the technique. Currently, the Gyrotonic® Expansion System is used worldwide with great success, amongst dancers, sports people and in rehab. The technique is particularly beneficial for opening up the upper torso, thereby releasing tension improving posture and breathing. It also works very well for scoliosis sufferers, elongating the spine and stretching out muscular imbalances. If you enjoy movement, dance and expression this could be for you!

Getting started

Classes are held with instructor Sarah Duley by appointment only and can be booked at Pilates Plus. Each class is private and lasts one hour.



g

Re-educate the body to move with fluidity, relaxation and power.

Gyrokinesis®

Similar to Gyrotonic® but performed without the tower. This methodology systematically and gently works the joints and muscles through rhythmic and undulating exercises. Movement stimulates the body's internal organs and different corresponding breathing patterns are integrated. Fluidity is the key. Postures are not held for long periods of time. Instead, postures are smoothly and harmoniously connected through the use of breath, making exercises appear and feel more like a dance than traditional yoga. Horvath's methodology invigorates and re-educates the body to move with fluidity, relaxation and power.

Who will benefit?

Similarly to Gyrotonic® this technique particularly suits those who enjoy stretching and moving. The class begins with an awakening of the senses which truly warm the body improving circulation and body awareness. Exercises are performed firstly on a stool, progressing to the floor in the second half.

Getting started

Classes are taught privately or in groups of up to 15 people. Usually they are held as a course or one off workshop lasting from one to one and a half hours. Classes can be booked at Pilates Plus.



Nordic Walking

Nordic Walking is an exciting new outdoor walking technique using specially designed walking poles. For the general exerciser Nordic Walking burns on average 20% more calories than normal walking at the same speed, plus most people find it more comfortable.

Facts

- Exercises your whole body.
- Muscles most actively involved are the backs of the arms, the rear part of the shoulders, the large pectoral muscles and the broad back muscles.
- Significantly releases pain and muscle tension in the neck and shoulder region.
- Strengthens the spine and reduces back pain by increasing rotation of the spine in every stride.
- Can reduce symptoms of repetitive strain injury.
- Reduces the load on knees and other joints.
- Strengthens the bones of the lower and upper body and can combat the effects of osteoporosis.



Utilising core muscles, whilst correcting gait and providing aerobic activity.

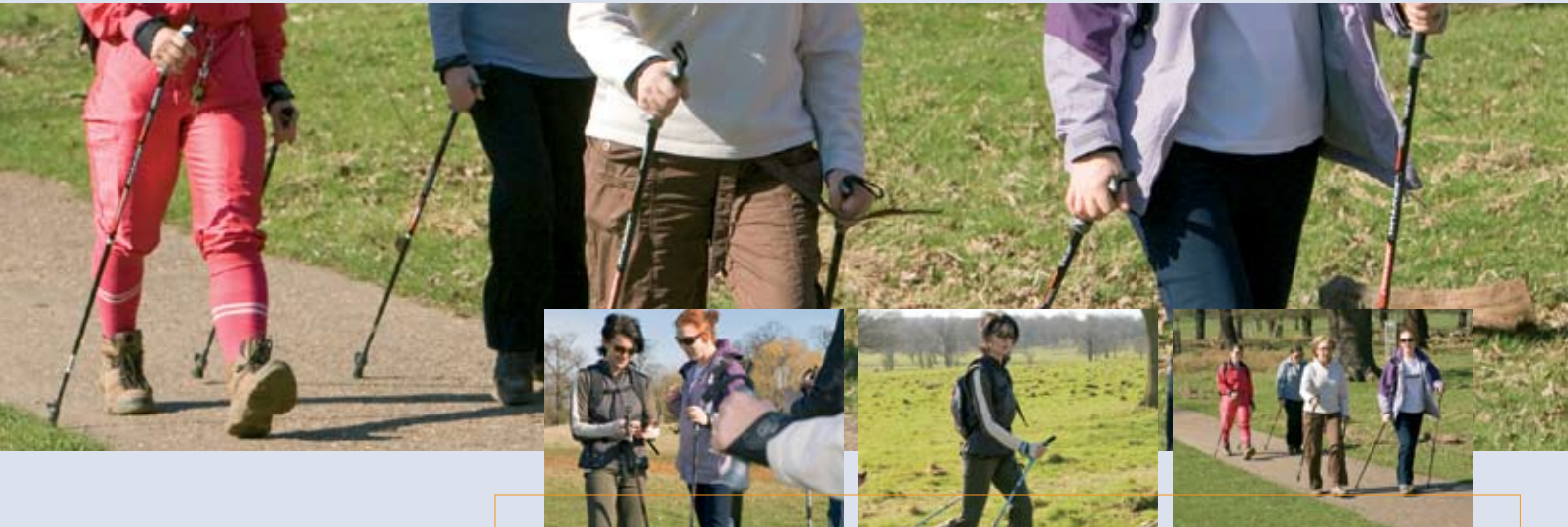
Who will benefit?

Nordic Walking is suitable for everyone as each individual establishes their own pace. It is the perfect aerobic partner for Pilates, utilising core muscles, whilst correcting gait and providing aerobic activity.

Getting started

Classes, led by Sarah Duley, take the form of a one and a half to two hour workshop with up to 10 people at a time. Correct use of the poles, warming up and cooling down plus the basic walking technique are all covered. Each client establishes their own pace making it suitable for newcomers as well as those wishing to return for a second time. Following this many people will feel ready to purchase their own poles and continue to practice alone, returning now and then to ensure good technique is being practised.

Private tuition or small groups of 4 arranged by the client can also be organised at a time to suit you. Please call Pilates Plus to confirm dates and book your class.



Pilates Plus Shop

Where help and advice are always at hand

Mon to Fri 10am - 5pm

Sat 10am - 4pm

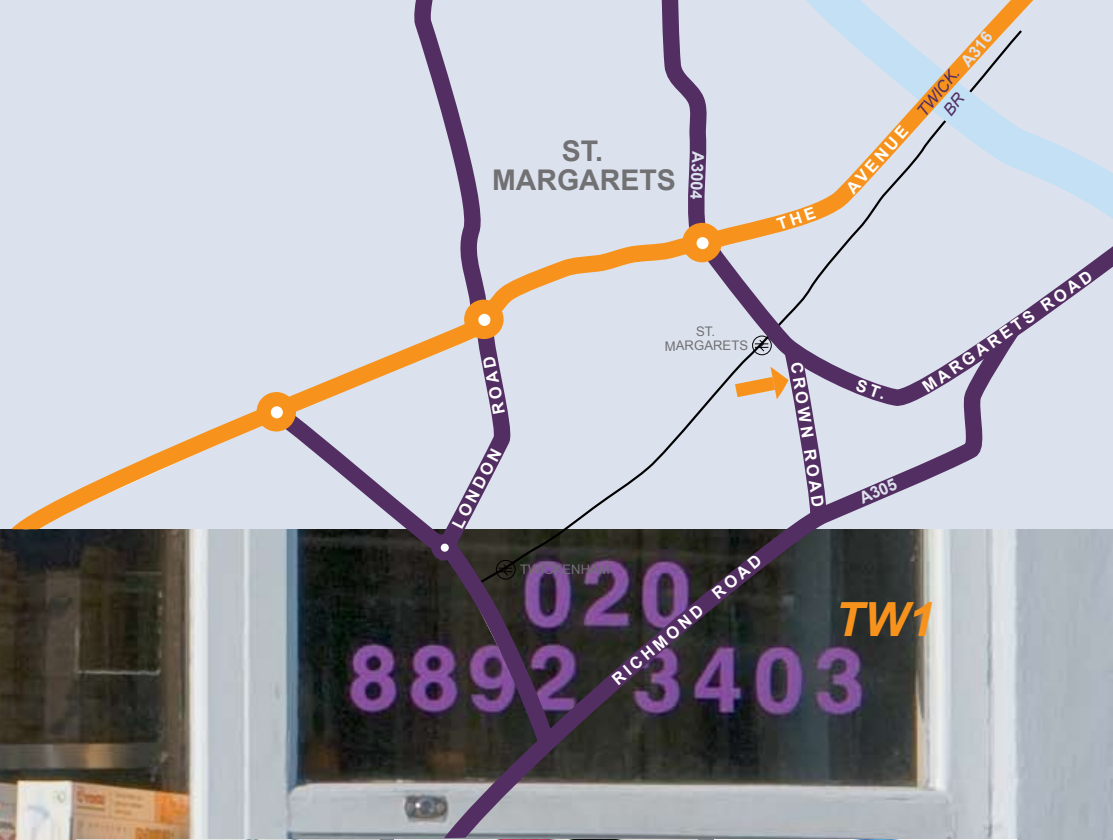
The Pilates Plus shop specialises in Pilates and Yoga equipment, books, dvd's gifts and relaxation products. We have a fantastic range of exercise clothing from leading brands. If you don't find what your looking for our staff will be more than happy to place special orders whenever possible.

We also sell gift vouchers for our classes or products should you wish to treat someone special!

Alternatively you can browse and purchase from our on-line store at www.pilates-plus.co.uk. Please note that only a small range from our gifts and clothing are placed on-line.



on-line store at www.pilates-plus.co.uk



Pilates Plus | 4 Crown Road | St. Margarets | Twickenham | TW1 3EE

0208 892 3403 | www.pilates-plus.co.uk | sarah@pilates-plus.co.uk

