



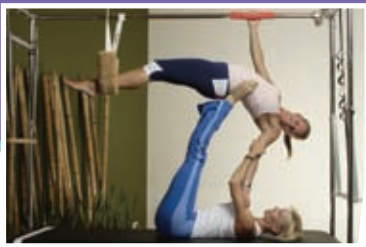
# THE PILATES ROOM

DYNAMIC BODY AWARENESS

## TRANSFORM YOUR BODY *With Pilates!*

Pilates Room offers both studio  
and mat classes to suit all bodies  
and fitness levels





The Pilates Room studio is a friendly and professional environment. We offer private, semi private (2-3 people) and mat classes. Achieve your individual goals and much more.

### *We Specialise in Pilates Instruction for:*

- Professional Athletes
- Specific training for the dedicated Horse Rider
- Pre and Post natal
- Dancers
- Retraining bodies to work more efficiently

### *What is Pilates?*

Pilates integrates the mind and body training deeper muscles to work efficiently while the superficial muscles gain endurance. Pilates improves body posture, tone, strength and balance. The studio workout will dramatically transform how your body looks and feels. Pilates is often the key to freedom of movement.

### *Our Mission Statement To You*

The Pilates Room staff will nurture and promote your body movement according to you as an individual, following the principles of the Pilates discipline.

Your specific needs and goals will be addressed in an exciting, professional and safe manner to ensure that not only you achieve your results, but that each Pilates session is a rewarding movement experience. All Pilates Room employees are highly trained and qualified professionals. Pilates Room offers knowledge and service with dedication and a smile.

## *FAR's*

### What Equipment is used?

All of the studio apparatus is available, this includes; reformer, cadillac, wunda chair, barrels, small apparatus and mat. All of the equipment is based on the original design from Joseph Pilates in the early 1900's. Joseph designed the equipment to assist his clients gain strength, control, flexibility and better posture. His innovative formula is successful across the world for dancers to boxers; horse-riders to runners; new and expecting mums to general health and fitness. The equipment will add spice to your workouts.

### How many sessions should I do each week?

This is very individual, discuss with your practitioner and depending on your goals and availability of time an appropriate program will be made specific for you.

### What are the qualifications of the Instructors?

Pilates Room specialists have undergone extensive Pilates training on mat and equipment based Pilates and receive continual guidance, ongoing training and evaluations.

### I have an injury, can I participate in Pilates?

Yes you can, however we like to discuss your injuries with your health practitioner to ensure we design a program in accordance to their goals and plans for you.

### Can I participate if I am pregnant?

Yes, we have trainers highly experienced and qualified to guide you and your body through the pregnancy.

### What should I wear?

Wear comfortable clothing of your choice with clean socks. No footwear is required. We also suggest you bring a bottle of water and a towel.

### How do I book my first session?

You can either ring the studio and speak with someone or contact us by email or through the web. Bookings are essential for both Studio and Mat Classes.



“Our team  
will help you  
achieve your  
GOALS!”

## Testimonials

“Women worldwide have discovered the power of Pilates and have flocked to its studios in droves, writes Cathy Netherwood. Now pregnant women are discovering that this unique method of exercise is tailor-made for them ...”  
-- Article published in Australian Parents magazine April/ May 2004 edition.

“A huge thank you for all of the energy and effort you expended in preparing and delivering the course. You are an AMAZING woman and your talents leave me in awe!! I really appreciate your dedication. Your genuine interest and concern for each and every one of us - gave us the energy and inspiration to continue when the going got tough. I now have an amazing sense of achievement for making it through. I feel that I have learned so much, but that it's just the tip of the iceberg. I have been inspired in such a positive way, thanks!” -- Marisa Lawlor

“Very comprehensive both from a theory and practical perspective.” -- Bertand Arlove

“Loved the course, awesome instruction, can't wait to teach Pilates.” -- Jucinda Bayne



## THE PILATES ROOM

DYNAMIC BODY AWARENESS

Phone: 02 9975 7766

Email: [info@pilatesroom.com.au](mailto:info@pilatesroom.com.au)

[www.pilatesroom.com.au](http://www.pilatesroom.com.au)

### Pilates Room Studio

Belrose Village  
Suite 16/25 Ralston  
Avenue  
Belrose 2085

### Pilates Room Mat Classes

Belrose/Frenchs Forest  
St Ives  
Willoughby/Chatswood  
Mosman