

places

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places in this issue...



In this edition we feature Studio Pilates and pay a visit to their more than impressive new premises in Hawthorne. Owner partners Tanya and Jade present a chic modern setting that raises the bar in professionalism and the achievement of outstanding results for your body and soul.

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PLACES COVER

Studio Pilates by Stuart Murray

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Place Locations

- 145 Oxford St Bulimba
QLD 4171 Tel 133911
- 76 Racecourse Rd Ascot
QLD 4007 Tel 133911
- 183 Given Tce Paddington
QLD 4064 Tel 07 3858 0388
- 330 New South Head Rd Double Bay
NSW 2028 Tel 02 8356 8888
- 312 Oxley Road Graceville
QLD 4075 Tel 07 3379 4311
- 400 Newmarket Road Newmarket
QLD 4051 Tel 07 3354 8000
- 23 Bullcock Street Caloundra
QLD 4551 Tel 07 5491 1345

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This stunning new studio is a stand out in more ways than one.



Studio Pilates

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Developed in the 1900's by Joseph Pilates, this ground breaking exercise method has more than stood the test of time. With thanks to athletes such as Tanya and Jade offering experience and positive refining, Pilates now has vast appeal and effectively suits bodies from all walks of life.

As a former Olympic swimmer, Jade is no stranger to dedication and fitness, nor is Tanya, also a high achieving swimmer and qualified physiotherapist. The Kingaroy native and Brisbane girl discovered Pilates and each other through swimming and cross training. It quickly became obvious to them both just how good this ever evolving exercise method really was.

After establishing in 2002, the hard work and healthy life choices have paid off, culminating in this stunning new studio that is a stand out in more ways than one. Appearance and design wise, it doesn't come any better. This renovated classic achieves and succeeds with inviting and modern open planning, offering a comfortable combination of space and style. Ample windows offer natural light and warmth while large lockers and big screen TV's show thought for the customer is far from lacking. All amenities here are definitely first class.

The personal touch of antique sporting paraphernalia, courtesy of Jades grandfather, adorning walls, shelves and corners is also testament to the time and effort spent on this very impressive set up.

Weight loss, body toning, injury recovery, stamina, post pregnancy and general well being are just the tip of the benefit iceberg here! Studio Pilates offers state of the art training equipment to ensure all ages enjoy this stress less low impact alternative. Far gone are the days of just mats and balls, although the basics still have their place. Fully trained professional staff work with you in a class environment or separately depending on your personal requirements. And with reformer classes starting from just \$25.00, its is definitely worth considering.

Special care is taken to look at each person individually and assess your needs and goals. Whether it be an effective recovery from an injury, tummy toning after pregnancy or an alternative to traditional weights, Studio Pilates can cater to all your needs.

Jade has now taken his dedication and skills to a new level by developing a "Personal Pilates Studio" for home use. This is a unique product, safely making exercise easily accessible to us all no matter how busy we are. DVD's, mats and other training essentials are also available to assist in taking an important step towards a healthier lifestyle.