

WELCOME

To Studio Pilates International®...a higher class of health club.



Become a Studio Pilates International® member and experience a truly unique workout and achieve amazing results all in first class luxury.



Life changing results

Change your body and change your life through the world exclusive Studio Pilates International® workout system.

Pilates now available

You can now experience Pilates studio workouts normally reserved for Hollywood celebrities right here in the convenience of your local area.

Pilates is for everyone

Never done Pilates before? Not a problem, with easy to follow workouts and an expert instructor to help and guide you every step of the way you'll get a great workout each and every time you visit and you don't have to be an exercise expert to join.

Convenient

Our efficient and convenient all over body workouts go for 40 min are designed to help you to tone up, firm up and lose weight. You can schedule your workouts online 24hrs a day 7 days a week giving you total control.





01

Change your body Change your life

“I’m a mother of six and I used to suffer from a sore back. I lost 18kg in 8 weeks with Studio Pilates International and I now have a new lease on life. I truly believe if I can do it, you can too”.

Charlotte from Hawthorne

Our purpose as a company is to help enhance the lives of others through the unique Studio Pilates International® workout system and help people to feel good inside and out.

Since our beginning in 2002 we have helped thousands of people just like you achieve great things.... are you the next Studio Pilates International® success story?



02

Becoming a member

You may have sampled a workout or visited a studio and are thinking of becoming a member, here is a little more information...

Personal attention - At Studio Pilates International® we focus on you, help you with your technique and make sure you're getting great results. With our unique workout system we provide you with a level of attention that you would normally experience with a personal trainer at a fraction of the cost and with superior results.

Unlimited workouts – That's right you can come as many times as you like and all you pay is one great fixed price. The more often you do Pilates, the better your results, so if you're serious about getting into shape then become a member and take advantage of this unique benefit.

Workout in style – Work out in a beautiful and elegant Pilates studio that is completely different from your sweaty local gym. Working out in a Studio Pilates International® studio makes you feel so good you never want to leave...



Great instructors – All Studio Pilates International® instructors are of the highest calibre and all have extensive knowledge and training in Pilates and in getting you great results giving you total piece of mind.

Great value – Combine the benefit of unlimited workouts with constant personal attention and amazing results and it all adds up to great value for money and a smart choice for the intelligent exerciser.

Safe and effective – Got an injury? No problem, communicate with your instructor and they'll help you to fix your injury and give you a great workout at the same time.





Studio Pilates International® brings elegance to exercise with beautiful Pilates studios and a style that's truly unique.



03

Congratulations on taking the first step

If you've read this much then congratulations on taking the first steps in beginning to transform your body and your life with Pilates. As you read on you'll find valuable information that will help you to maximise the benefits of your first ever Pilates workout (if you haven't done one yet) or enhance the effectiveness of future workouts if you have.

What you will experience at Studio Pilates International® is unlike any other type of workout you have done before or unlike any other Pilates class you may have done before as we do it differently to anyone else in the world.

Your workout is performed on the traditional piece of Pilates equipment called a reformer and you will experience easy to follow and clear instructions and a visual demonstration of each exercise which is displayed on television screens which are simple and easy to follow.

Your Pilates instructor is always present to motivate you and to help guide you with your technique and to ensure you enjoy your workout. If you have any injuries, aches or pains please advise your instructor before you start your class as they may vary your program slightly if required in order to ensure a safe and pleasant workout for you.

We guarantee you will tone up, firm up and lose weight in just 8 weeks

Getting started

It's essential to book in for an 'initial consultation' before commencing regular workouts. This is where you will learn many of the basics of Pilates to make sure you're gaining the maximum benefits from your workouts.

Our Guarantee

We are so confident that the Studio Pilates International® workout system will get you measureable results we offer a no risk guarantee.

Tone up, firm up and lose weight with Studio Pilates International® in just 8 weeks or we will work with you for free until you do.

At your initial consultation we will tell you all you need to know to get measureable results from the Studio Pilates International® workout system and how to maximise your first 8 weeks. If you haven't done one of these yet ask an instructor or call the studio and book one.



7 different workouts transforming your body

There are 7 different Pilates workouts that make up the Studio Pilates International® workout system. Each is a full body workout that targets one problem area of the body in particular and with all 7 workouts combined they work to transform your body. A particular workout might focus on your abs, arms, inner thighs, waist, legs or butt. The 7 workouts rotate constantly to give you maximum variety so you never get bored.

Each workout goes for 40min and are both efficient and effective. The convenience of the 40min workout is perfect for those with busy lifestyles.

What you will experience

Pilates is a form of strengthening and toning exercise, so the next day or so after you workout you may feel a little sore in the muscles. This should be welcomed as you begin to exercise and move your body in ways it hasn't before and is to be expected as you gain in strength. This muscle soreness should dissipate naturally over the course of the next few days.

As you get stronger, this post exercise muscle soreness will become much less frequent. The pain you must avoid is pain in the neck, back or any of the joints. This is generally considered bad pain, if unsure if your pain is good or bad pain, please ask your instructor.

You are in control

You are in charge of your body and the exercises that you do. If an exercise looks too difficult or may cause or flare up an injury... then simply don't attempt it. You may either rest, waiting for the next exercise to commence or simply raise your hand and your instructor may give you an alternate exercise.

You also have control over the resistance that you apply to each exercise, thus increasing or decreasing the intensity of your workout. The springs are numbered for ease and a recommended spring range is located in the top right hand corner of your screen and also a verbal guide is given. This is of course just that – a recommendation - and you may increase or decrease the springs as you see fit.

How often should I do Pilates?

One of the most common questions asked is – how often should I do Pilates? A little of something that's good for you is far better than nothing at all, so if you can only make it a couple of times a week, that's fine, you will still feel the results.

We recommend though that you do at least 4 Studio Pilates International® workouts a week and combine this with cardio workouts and a healthy eating plan to get guaranteed and amazing results. Pilates is unlike other form of exercise as there is no maximum amount, so you can do it every day if you like!

We want you to achieve your goals, so it's simple; the more you come, the better your results will be. The real question is, how badly do you want it?



Make a full commitment to the **Studio Pilates International®** program and totally transform your body





How to maximise results

'After 10 sessions you will feel better, after 20 sessions you will look better and after 30 sessions you will have a whole new body' Joseph Pilates was once quoted. Do your Pilates workouts as frequently as possible (daily is best), choose healthy meals and engage in some regular cardio activity to maximise your results. Make a full commitment to the Studio Pilates International® program and totally transform your body; you have nothing to lose except fat!

How to maximise each workout

Each exercise has a name and this is mentioned at the commencement of each one. If you have come many times and you recognise the exercise and the movements then commence the exercise straight away thus maximising your workout. If you are just starting and you would like a full explanation, simply wait for a few moments to ensure you are doing the exercise correctly.

Continue to listen to the voice instruct, encourage and inspire you to maximise each exercise and your results.

Your instructor

A Pilates instructor is always helping to facilitate your class, check your technique and motivate you every step of the way. You should use their expertise and skill to make your Pilates experience the best it can be. Please introduce yourself to your instructor each time you commence a class so they get to know your name and also please let them know if you have any particular ailments or minor strains. This should be done before your class so they may modify your program if needed.

'After 10 workouts you will feel better, after 20 workouts you will look better and after 30 workouts you will have a whole new body' Joseph Pilates

Your Pilates instructor will be constantly monitoring your technique for safety and to help you get the most out of your workouts. If you have any questions about an exercise, please ask at the time by raising your hand, if you have more in-depth questions about your body, health, diet, stretching or wellness please ask before or after your class.

Procedures and bookings

Bookings are essential to avoid disappointment, bookings can be made 24 hours a day 7 days a week online by visiting www.studiopilates.com or by using the computers in the studio.

You can modify the appointments you have booked online as well and please make any changes to your bookings with a minimum of 12 hours notice to avoid and cancelation fees and to allow others to take your spot.

Re booking can be done at the end of each workout or by calling one of our friendly team members. If we are unavailable, simply leave a detailed voice mail message and we will return your call promptly. Call **07 3899 4555** and let one of our friendly team make some appointment times for you now.



Payments

Payments for memberships and casual workouts can be made online on our secure and fully encrypted website at www.studiopilates.com

If you have any questions regarding payments simply ask one of our friendly team members.

Cancellation fees

If you have booked a workout and you wish to reschedule or cancel it, there is no fee if you do so online prior to 12 hours before you are due to commence your workout.

If you simply don't show or you give less than 12 hours notice the full fee will be charged.

How early should I get to my class?

You should aim to get to your class at least 5 minutes before your class is due to start. Our class times are pre scheduled to automatically commence at the scheduled times and cannot be changed, paused or restarted and so you must be ready to commence right on time.

What do I do with my belongings?

Take your gear with you into the studio when doing a workout and place it into the baskets provided in between each machine.

\$1 from every cancellation fee charged is donated to charity

What to do when I arrive at the studio?

Please enter, scan your membership card and then simply wait for your instructor to invite you into the studio to commence your class.

Stretch zone

If you feel like having a bit more of a stretch after your class then please utilise the stretch zone if your studio has one.

Mats are provided here for your comfort. Please ensure you remove your gear from your basket first to make way for the next group of people.

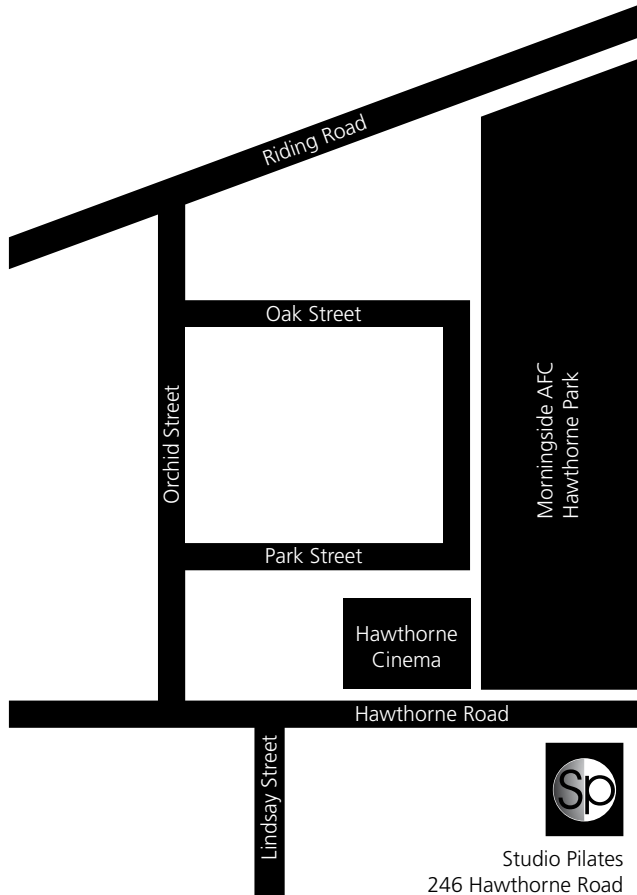


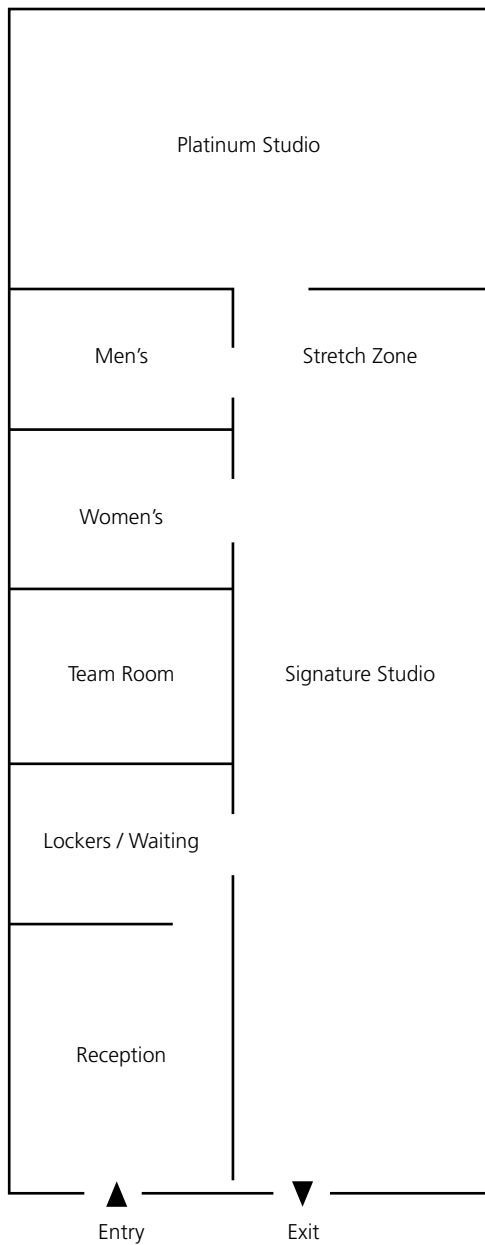
Do **Studio Pilates International**®
workouts frequently and see
amazing results



Where to park

Parking is available in front of our studio, on Hawthorne Rd, or Oak St bordering the park. Oak St is a good option as you can enjoy a short leisurely walk across the park before your workout. Once you have found a parking spot, simply stroll across the park and cross the road carefully or use the crossing in front of the cinema.





Studio Floor Plan



Our Guarantee

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studiopilates.com