

+

BUSINESS

www.inmycommunity.com.au



Suzanne Newby at the Pilates Fitness Institute in Myaree.

www.communitypix.com.au d332459

Pilates for all

POWER, pregnancy and seniors pilates are some of the classes on offer at the new Pilates Fitness Institute of WA in Myaree.

Owner and director Suzanne Newby said the studio catered for a range of people, from power pilates which blend traditional pilates and cardio vascular activities, to seniors pilates which are modified exercises to work within each person's limitations.

"The pregnancy pilates is a

properly tailored program for pregnant women that focuses on pelvic floor activation, releasing the lower back and preparing the mother for birth," she said.

She said she wanted the centre in Myaree to add something different to the traditional pilates exercises and cater for a range of needs. It is also the only centre in WA to offer nationally recognised diplomas in Professional Pilates Instruction.