

BUSINESS

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Pilates Fitness Institute directors Francis Cahill and Suzanne Newby.

Picture: Justin Benson-Cooper

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New studio for pilates school

FRANCES Cahill and Suzanne Newby of the Pilates Fitness Institute have invited the public to an open day to celebrate the expansion of their business into a third location in Burswood.

The open day will be at the new studio at 151 Burswood Road on January 30 from 1.30-4pm.

Champagne will be provided with free trial 'reformer' pilates classes, discounts, and a fashion parade of Australian-made pilates clothing modelled by Perth models and their own fitness instructors.

A burst water main flooded the studio's old location on Canning Highway in South Perth last June.

After the initial sense of loss,

the owners realised the opportunities that could be offered by a new studio in addition to their pregnancy, floor and fitball classes, such as reformer pilates.

A reformer is a versatile piece of equipment used in physical therapy as well as Pilates. It is used for more than 100 different exercises.

It has a gliding platform on which you sit, stand, kneel or lie on your front, back or side. This works on torso stability and posture.

A system of springs, straps and pulleys works the limbs in a variety of low-impact exercises designed to strengthen muscles.

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