

I Am Pilates



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What We OfferWhat class is right for me?When you start Pilates for the first time, or if you have not done Pilates for a while, we will first spend a few private sessions with you.

This will enable you to get comfortable with the exercises and techniques and it will allow us to assess your body and place you in a class that will suit you.

Group ClassesI like the social aspects of exercising in a group and I want the most cost-effective option to get strong and fit.
Private ClassesI have a few problems with my back or neck and need some individual attention and a tailor-made

programme.
PhysiotherapyI have a new or chronic injury that has been bothering me. I need to be treated to reduce pain and muscle spasms. I need to strengthen and stretch so that I can manage the problem in the long run. If you prefer to

exercise with a friend or partner, we provide semi-private classes (2-3 people) on request. Each session is created with your needs in mind. Our goal is to create a positive movement experience for every client, by teaching them to enjoy using their body in pleasant and challenging ways. Our secret lies in the diverse range of skills of our excellent instructors. This allows us to refer a client to the best

practitioner for their specific case and needs. Classes are kept very small to ensure individual attention. We rarely have more than 6 students in a class. Our Studio A

calm, restful environment allows you to focus on your exercise or therapy. We use a

large range of Pilates equipment, like reformers, wanda chairs and barrels. This lets us keep your workout interesting and varied. The studio is always spotless and hygienic. Our air-conditioner keeps the studio at a comfortable temperature. There is plenty of parking and 24 hour security. Our Philosophy. We specialise in Pilates, but by learning a wider variety of disciplines we can tailor our classes perfectly to your needs. By studying many diverse disciplines (Gyrokinesis, Rolfing, Yoga, Anatomy Trains and Neuroscience) we are able to combine elements from all of these and provide an ideal combination that will best suit a client or group. We use our skills to allow our clients to achieve "the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure".

Map: gbay_big.gif

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