



Equipment Based Pilates

What can it do for me?

It may look like a torture chamber but the large room with all the scary looking machines at the top of the club is actually an Equipment Based Pilates and Gyrotonic Studio. We have a team of experienced instructors available for One to One and Duet sessions for members and non members of The Third Space.

Joseph Pilates introduced the idea of working with resistance whilst interned during World War 1. He attached springs to hospital beds to help patients tone their muscles. He then went on to develop his equipment, primarily working with resistance against tensioned springs, to target specific muscle groups. The mat class is itself a more recent approach to the Pilates method.

Pilates using equipment offers a series of options. These range from individual rehabilitation sessions to demanding workouts for the exercise enthusiast. Exercises are tailored for the individual, working with a range of mat work and resistance based exercises on the equipment.

Specially designed resistance equipment enables clients to focus on their specific requirements -rehabilitation, postural improvement, muscle strengthening and flexibility - under the guidance of a qualified equipment trained Pilates instructor.

Our instructors work closely with Physiotherapists and Osteopaths and are all highly trained and experienced in Pilates for Injury Rehabilitation. If you have an injury and have been recommended to do Pilates, why not pop into the Pilates studio to see what it's all about?

Similarly, if you enjoy mat Pilates and would like to take your training to the next level, Equipment Based Pilates may be the thing for you.

Our instructors come from a range of backgrounds from Yoga to Dance and all have a passion for fitness and health so whether your goal is injury rehabilitation or a trimmer waist, we can find the instructor to suit you.

Information provided by TTS Pilates Studio Manager, Alyssa Kyriakidis
Contact her on alyssa@thethirdspace.com for more information and advice!