



What is Gyrotonics?

You may have peered in through the large glass wall of the Pilates Studio (otherwise known as the torture chamber!) and seen someone serenely swirling their arms and legs around – well that is Gyrotonic! Gyrotonic is the hottest new body conditioning system in Europe and the US. Celebrities such as Madonna and Gwyneth Paltrow credit Gyrotonic with helping them to achieve a long lean dancers body. Gyrotonic is practiced by anyone who wants to strengthen, lengthen and transform their bodies.

History

The Gyrotonic system uses equipment and exercises created by Juliu Horvath to strengthen the abilities of the spine and increase coordination, flexibility and overall strength. Having been injured as a dancer himself, Horvath wanted to develop a system which works for everyone to strengthen the body and mind in the optimal way, and to maintain that strength and mobility.

How does it work?

Gyrotonic exercises are taught on 'The Pulley Tower' which allows for circular movements, which work every possible layer of the body. The tower is designed to hold the body-weight, enabling the user to let go of tension. The weight resistance gives a feeling of moving in water, allowing the body to move in a natural and flowing way. This turn strengthens the deeper, internal muscles used for posture and stability, while lengthening and toning the outer muscles to give a leaner physique and better flexibility.

Our experienced teachers customize each GYROTONIC® training session to meet the needs and suit the condition of each individual.

Whether you prefer a slow, controlled rehabilitation session, or a more energising, cardio-vascular workout, our teachers will design a programme to suit.



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