

## INTRODUCING PILATES PLUS

Laura Calder and Tess Santer first encountered Pilates through their work as senior physiotherapists in a leading Edinburgh Sports Injury Clinic. They quickly recognised the value that this exercise method could have to people of all ages and abilities, so made it their mission to take it to a wider audience.



In July 2009 they founded Pilates Plus. They now operate classes from many different venues across the city, and have a team of 9 instructors. Class sizes never exceed 15, so every participant gets individual attention.

“What is unique to Pilates Plus is that all our Pilates instructors are qualified Physiotherapists. This gives our classes that little bit extra, as our instructors can draw on their physiotherapy skills and experience to add variety to the class, but also ensures the class is as safe as it can be” says Tess.

“The great thing about our classes is that we can have seriously fit rugby players rubbing shoulders

with retired grandmothers and both of them find their time with us both fulfilling and energising. Regardless of how fit you think you are, I can promise you that just one work out with us will leave you feeling muscles you didn't know existed!” says Laura.

Pilates is a complete body workout which builds core strength, balance, stamina and flexibility through low impact conditioning exercises. It involves stretching, moving and holding your body shape to work muscles which more conventional exercises can't reach. It can be helpful in the management of injury, especially spinal pain.

Pilates Plus run classes in your local area at Stewarts Melville Rugby Club, Inverleith, Ferry Rd, Edinburgh on a Wednesday evening.

Beginners 6.30-7.30pm, Intermediate 7.30-8.30pm. We are offering Spotlight readers two classes free in their first block (*New clients only. Offer ends 30th April*). Please contact [talk@pilatesplusphysio.co.uk](mailto:talk@pilatesplusphysio.co.uk) or call 07971 778962, quoting Trinity Spotlight for further information or to book a place.