

TRIED & tested

ON TRIAL: Pilates Plus

Busy parents don't have time to try all the available fitness classes to determine which one best suits their needs, so let MADE do it for you. In this issue mum, Jane, gives us the low-down on Pilates experts, Pilates Plus...

Pilates Plus claims:

They offer Pilates classes which are expertly designed by qualified physiotherapists. They provide mat-work and small equipment classes throughout Edinburgh, which are thoughtfully planned, individualised and most of all fun and relaxed.



Jane says...

As a new mum, it was important to me to do something to get back into shape so I could be an active mother to Ben. I knew that my body had changed to help me give birth, but that letting my stomach muscles stay weakened and stretched could cause aches and pains later.

I was worried about going to a new class but I really needn't have been! First of all, postnatal Pilates with Pilates Plus meant I could take my baby in with me, and being part of a group of exercising mothers with little ones was a lovely environment. The instructor was so calm and patient with any interruptions, and because every Pilates Plus instructor is also a physiotherapist, they really know what exercises you should and shouldn't be doing. The classes helped me to build my core strength back up, and the instructor gave me helpful advice for my pelvic floor exercises. It was really satisfying being able to do more as I developed, and when I went back to work I decided to join one of their evening classes. Ben is now coming up for two and I am so happy I am able to play properly with him thanks to Pilates Plus.

The verdict...

I think I am better condition now that I was before I was pregnant! I would definitely recommend Pilates Plus to any new mum who needs some expert advice. For more information about their classes go to www.pilatesplusphysio.co.uk

If you are a business owner and would like MADE to test your service/product get in touch at mademag@live.co.uk