

Work your body inside and out

When Stephen and Anne-Maree Jones discovered there were no professional pilates studios on the North Shore they decided to open Pilates International at Turrumurra. Three years later, they're still going strong.

STORY: Katrina Adamski

PICTURE: John Appleyard

QUESTION: How long have you been involved in the pilates industry?

ANSWER: I started pilates as a client of Sally Anderson's Pilates International Training Centre in 2000 at her Surry Hills studio. During my four years as a client I was very impressed with their professionalism and standard of training, as well as their attention to detail and the quality of instruction that every client was receiving. When Stephen and I moved to Warrawee in 2004 I was still travelling to Surry Hills twice a week for my regular pilates sessions as I discovered that there were no pilates studios or classes on the North Shore who had the quality of instruction that I experienced at Pilates International.

Q: Why did you decided to open your own studio?

A: Having had a background in education and business and after much discussion with Sally we decided to bring Pilates International to Turrumurra. All our instructors must be fully qualified over one or two years.

Q: Do you practice pilates?

A: Of course! Two to three times a week.

Q: Why did you start pilates?

A: I started pilates because I had a debilitating and acute back injury which would leave me unable to move for days. A friend told me about this wonderful exercise called pilates which I decided to give a go. After about 10 sessions I was hooked, my body also changed shape dramatically and I could feel my back getting stronger as well as developing muscle tone and flexibility. I also found myself being able to participate in team activities again. Subsequently my trips to the physio are now just occasional maintenance sessions.

Q: What are the benefits of pilates?

A: A much better life! Pilates works out the body both inside and out as well as working out the brain – de-stressing it and focusing it. When done under good supervision, pilates will give you great strength from the centre of the body and all over make you much stronger. The control you will achieve becomes a major prevention for injury and prepares you for dealing with unexpected events. It will increase your breathing capacity, your blood flow and overall wellness. Then there is the 21st century visual benefits of giving you a flatter abdomen, more defined and sleeker musculature and energy for life. In all, your body will be more pain free, move better, stand better, last longer.

Q: Do you have to be of a particular fitness level to do pilates?

A: Pilates is arguably the most appropriate form of exercise to undertake by people with minimal fitness levels, right through to elite levels. So no, you don't need to get fit first.



Anne-Maree Jones certainly practices what she preaches and that's pilates.