



## Testimonials

"After giving birth to my second child, I was back at my pre-pregnancy weight in just two months. I was amazed at how Pilates helped me during my pregnancy and people are commenting how fabulous I look"

**Kristy Vitnell, Adamstown Heights**

"I recommended Pilates to a patient who had major disk problems and was unable to play any sport. After three months of Pilates he returned to my clinic looking great. He had lost 12kg and was back playing golf and regaining his lifestyle"

**Anthony Whitby-Otto, Trigger Point**

"I like to do pilates because it makes me feel like i can do anything and pilates helps my dancing and tummy muscles"

**Samantha Thomas (Dancer, age 9)**

"I have noticed progressive change in my body's strength and tone.my posture and balance have improved remarkably! PILATES IS ADDICTIVE. I feel great. Thankyou Jill for your expert guidance and skill"

**Christine Sampson (Charlestown)**

"My son, Justin, has both physical and intellectual disabilities. Jillian was very positive about his capabilities to master his Pilates exercises, and succeeded. Justin has grown very fond of Jillian. His self esteem rose greatly with her help. His posture improved as did his mobility."

**Sally Wyldeck ( Lake Haven)**

"I have had the pleasure of knowing Jillian for the past ten years both as a dancer and Pilates instructor. In that time she has proved to be a woman of honesty, diligence and talent. Jillian has taught Pilates to many of my students and as well as being an excellent teacher has also become somewhat of a mentor in health to them."

**Marie Walton- Mahon - Marie Walton- Mahon Dance Academy - National Collage of Dance**

"A patient originally came to me for chiropractor treatment with neck pain resulting in headaches. Symptoms subsided quickly however they would return within two weeks and she would need re-alignment. Muscular insufficiencies such as tight hip flexors, weak lower abdominal muscles and tight and weak hip extensors were noticed in her initial Pilates assessment by Jillian.

These were addressed with her Pilates training and muscular balance and strength has been retained, stabilizing her spinal condition and therefore health."

**Chris Denham, Newcastle chiropractor**

"I acquired a brain injury in 2003 and since that time have been involved in a lot of rehabilitation involving Pilates. Pilates has improved my core strength, stability and balance and working on many of my muscles that had become very tight. NOW im able to walk in a straight line without dragging my leg.

Thanking all the staff at Focus Pilates for their help, assistance and all their positive feedback to improve my weaknesses.

**Tamara Niddrie (Wallsend)**

"Jillian has been instructing Pilates for sport at Whitebridge High over the past 3 years. In this time I have found her to be approachable and willing to assist us in anyway to ensure our sport afternoons are run successfully.

I have witness Jillian's Pilates classes and found them to be professionally run. Students have commented on how much they enjoy her classes and the benefits they achieve from the exercises. Pilates is continuing to be a successful sport choice and I believe this is due to Jillian's friendly personality and expertise of teaching."

**Meg Robson-sport organiser, Whitebridge High**

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