



FOCUS
PILATES STUDIOS

Welcome

At Focus Pilates Studio, we understand that our services begin with an understanding of your individual needs, and ends with your unconditional satisfaction. Focus Pilates believes in 'quality not quantity'. With a holistic approach, Focus Pilates has been specialising in individual styles of exercise, working with well-known local practitioners to achieve the most effective and personal health and fitness goals. Our fully qualified Pilates instructors provide you with individual attention in each session, to achieve your personal best.

Whether you want to transform your appearance, relieve back pain, get into shape or just feel re-energised, **FOCUS PILATES HAS THE WORKOUT FOR YOU.**

Focus Pilates Studio is led by a certified and dedicated Pilates instructor, Jillian Went. Through her eight years of teaching the Pilates method, Jillian has gained a wealth of knowledge in all aspects of mind and body fitness. She firmly believes in helping other people to achieve their personal best by inspiring and motivating them to 'CHALLENGE THEIR LIMITS'.

*“In ten sessions you will feel the difference;
in twenty you will see the difference;
in thirty you will have a whole new body”*

JOSEPH PILATES

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