

# FOCUS PILATES STUDIO

The driving force behind Focus Pilates Studio is the current owner and chief instructor Jillian Went.

As a professional dancer of 25 years, Jillian has travelled Australia and the world on her endeavours. The Pilates method was essential to her dancing career and fitness regime. Her passion for fitness and health has motivated her to become fully accredited under the Pilates Institute of U.K., Certificate III in Fitness and Australian Graduate School of Health and Sport Science (known as AOK).

After accreditation, Jillian joined the Newcastle Pilates Studio team to hone her knowledge and skills. In 2004, she decided to extend her career and open her own studio, Focus Pilates.

In the beginning, Focus Pilates Studio joined forces with LA Women's Fitness to provide a well balanced approach to health and fitness. In an effort to support the growing numbers of Pilate's enthusiasts, relocation to a larger studio was required. Now established in Charlestown, Focus Pilates Studio's reputation is growing for providing effective health and fitness programming.

During 2008 Jillian pursued her certificate 4 accreditation through Polestar Pilates. Now along with her other accreditation she is also fully qualified with Polestar Pilates. Jillian is currently finalising her studies as a mentor for the Newcastle and Hunter Valley areas. Along with her studies, Jillian is a member of Pilates Alliance Australasia

As a current provider of personalised health improvement, The Focus teams dedication and experience has more to offer than standard mat classes. "Although common practice, Pilates is not just standard exercises on a medi ball in a group class. Pilates also involves specific exercises performed on specialised equipment in a private or group consultation".

Today, Focus Pilates Studio is a specialised Pilates Studio incorporating specific exercises on modern Pilate's equipment. Working in conjunction with well known local practitioners (General Practitioners, Physiotherapists, Chiropractors and Masseurs), Focus Pilates Studio offers a holistic approach by individually tailoring exercise programs to achieve the most effective personal health and fitness benefits.



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