



THE

Pilates®

STUDIO

BY NAMRATA PUROHIT



RISE & SHINE AHMEDABAD
IT'S PILATES TIME!!

STUDIO SHOT @ AHMEDABAD

SPX MAX

PILATES IS ONE OF THE FASTEST GROWING FORMS OF EXERCISE IN THE WORLD.

The Pilates Studio, Ahmedabad

This unique Studio offering complete Pilates training started in October 2016. In a short span of time the studio gained popularity amongst people from varied backgrounds and is catering to clients from all fields like businessmen and women, celebrities, sports personalities, as well as and most importantly fitness enthusiasts.

Pilates exercises can be done on a mat or on special equipment such as the reformer, stability chair and Cadillac. At the studio we work on the equipment as well as on the mat ensuring you get the maximum benefit out of the Pilates session. Being extremely client oriented, the studio ensures everyone achieves his or her goals. All the workouts are customized to the needs of the clients.

At our studio you will be empowered to:

- Increase stamina
- Discover your inner strength
- Improve core strength & health
- Transform your mind and body



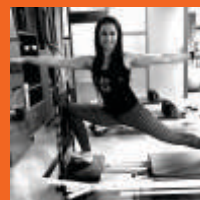
NAMRATA PUROHIT

Founder - The Pilates Studio, Certified Pilates, Pole, Barre, Boogie Bounce and Rehab Trainer, Author



SAMIR PUROHIT

Founder - The Pilates Studio, Certified Strength Coach, Master Instructor (Nautilus), Pilates Instructor



HARSHIKA PATEL

Fitness Enthusiast, Entrepreneur & Owner The Pilates Studio, Ahmedabad

SPREADING THE PILATES MAGIC!!

Pilates is a magical exercise form. It works the body in a very safe, efficient and effective manner. It's been a dream to spread this magic across India and I'm really happy that Ahmedabad has understood and loved Pilates! Exactly a year ago we opened the studio in Ahmedabad and thanks to the amazing response we're opening one more!! Thank you Ahmedabad!

It is really heartening to note that more and more men are taking to Pilates as their preferred form of exercise all over the world and India. We ourselves have a number of male clients ie from Sportsmen to Celebrities and to fitness enthusiasts. I can safely say that today Pilates is the buzz word with many Pilates studio's opening all over, it will only help people benefit from this Magical Form of Exercise.

Ever since I started understanding the importance of fitness in one's life, My search for a magical workout regime began - and I started discovering Pilates. I feel extremely happy reaching out to a lot of Fitness Enthusiasts in our city through The Pilates Studio, Ahmedabad. All the more, Adding one more studio is just like a dream come true. Thankful to Ahmedabad for all the immense love and support over the past 1 year.

TRAIN SMART MINIMUM EFFORT = MAXIMUM BENEFIT

What is Pilates?

Pilates is a mind and body exercise method designed to elongate, strengthen and restore the body to balance. It is the ideal exercise for toning core muscles, reducing stress, getting lean and improving posture, balance and flexibility. Pilates is suitable for all including:- Athletes, Rehab recipients and regular fitness enthusiasts.

The Exercises Follow Five Principles

The Pilates method encompasses more than 500 controlled, precise movements designed to stretch and strengthen muscle without adding bulk.

The exercises follow five principles :

- Breathing
- Pelvic Placement
- Rib Cage Placement
- Scapular Movement & Stabilization
- Head and Cervical Placement



IN 10 SESSIONS YOU WILL FEEL THE DIFFERENCE

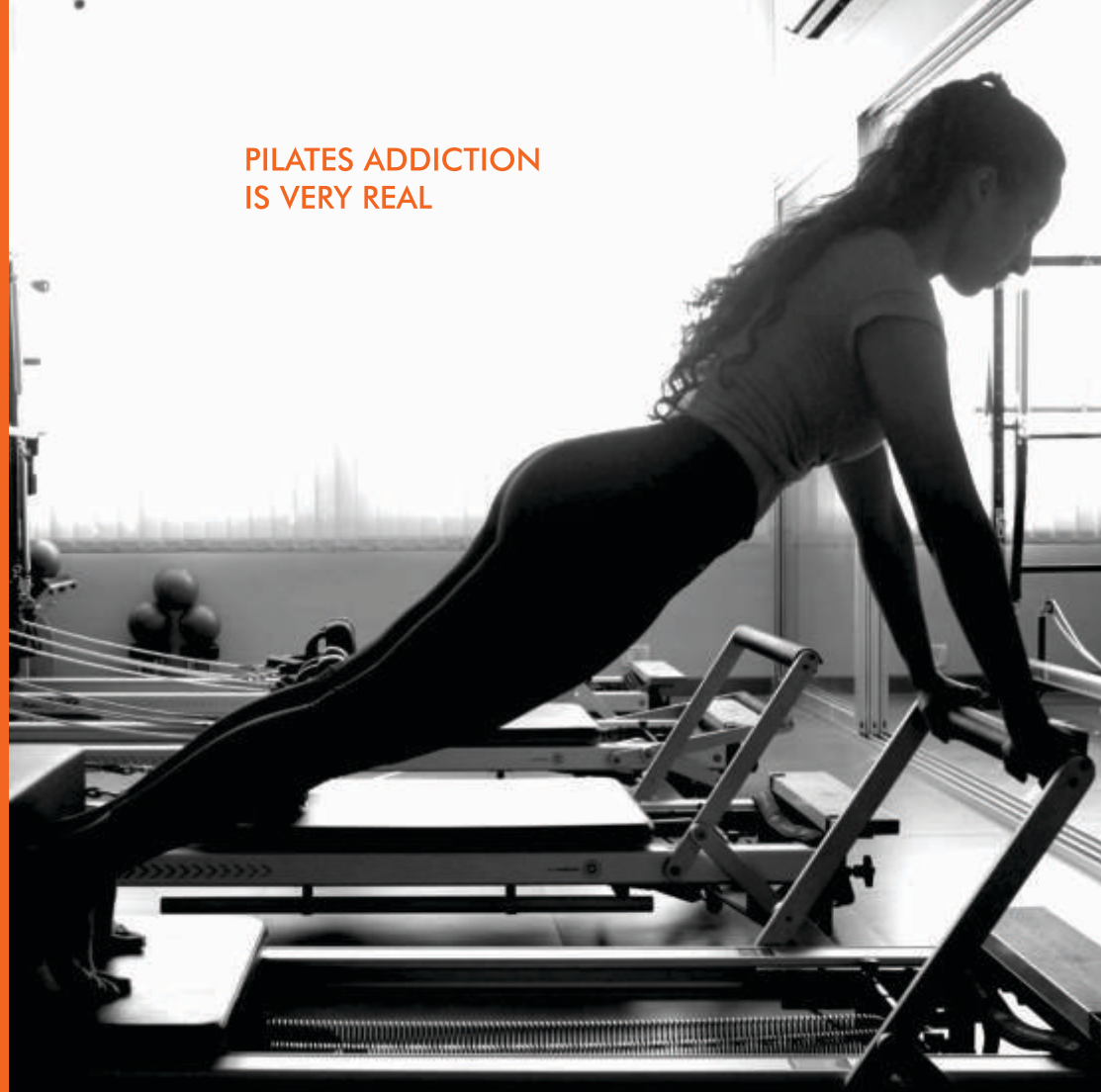


IN 20 SESSIONS YOU WILL SEE THE DIFFERENCE



IN 30 SESSIONS YOU WILL HAVE A WHOLE NEW BODY

PILATES ADDICTION IS VERY REAL





POWERFUL
INSPIRED
LIGHT
ALIVE
TALL
ENERGIZED
SANE

“PILATES
is the complete
coordination of
MIND,
BODY
& SPIRIT”

CLIENTS & ENDORSEMENTS



*“Almost everyone can benefit from Pilates!
People around you will notice a substantial difference
in your overall appearance in just a few sessions”*

Fitness Experts to
Miss.India Organisation since 2011

Fitness Experts to
Abhinav Bindra Foundation for Shooters

Pilates Experts to
Mumbai City FC (Football) - 2014

Currently Training the
Mumbai Ranji Trophy Team (Pre Season)

Trained
PV Sindhu, K Shrikant & Ayonika Paul
before the Rio Olympics 2016

AHMEDABAD SPEAKS



The training faculties are highly professional and helpful. I get my privacy during my sessions and privacy makes a lot of difference. The pilates studio in Ahmedabad is a great initiative.

Prachi Solanki, Student & Model

I truly feel that Pilates being one of the most scientific workout should be done by everyone. As well as the set up of the studio completely compliments the workout ambience.

Jayshil Patel, Architect

Pilates training helped me a lot and i can see the difference in my game too. Thank you harshika and The Pilates Studio Ahmedabad for helping me to get better in my game.

*Rush Kalaria, Cricketer,
Ranji Trophy Team, Gujarat*

Pilates in true sense is a complete mind power fitness regime. I recommend Pilates to one and all - it is a must do Fitness Regime for all age groups.

Dr. Tejal Dalal, Tej Eye Centre

I have been attending classes at Pilates studio for nearly a year . I really enjoy the classes particularly because the instructors are excellent, very patient , friendly and always willing to make helpful modifications for those of us who need it , the activities vary each time and the venue is lovely.

Ishita Parikh, Gallerist



AHMEDABAD

BENGALURU

BHUBANESWAR

CHENNAI

CHANDIGARH

DELHI

GURUGRAM

HYDERABAD

JAIPUR

MUMBAI

PUNE

RAIPUR

KOLKATA



a venture by

**SUN
FIBERNITY**

In Collaboration with
The Pilates Studio Mumbai

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