

# NEW TENPILATES STUDIO SET TO OPEN IN CHISWICK- FOR THE FASTEST ABS IN THE WEST (OF LONDON)

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TenPilates has become West London's hottest destination for those in search of a flatter stomach and sleeker silhouette - and now it's about to land in Chiswick this September, bringing the body-shaping power of this dynamic form of Pilates even further West. (The original TenPilates Studio - opened by Joanne Mathews and David Higgins - is in the media heartland of Notting Hill.)

TenPilates isn't like any Pilates you've done before...

... It's fast, dynamic and results-driven, with a genuine difference seen in shape after just a few classes. It's also preventative: by swiftly strengthening the core muscles, TenPilates can help to prevent back and other skeletal problems, while enhancing flexibility.

... TenPilates can never be boring. A combination of great music and different moves for every class ensure clients want to return time and again - and that's before they start to see how much easier it is to do up their Sass & Bide jeans...

... TenPilates ensures you get the most out of every single class. There's no hiding place from the Trainer's eagle eyes in these classes of up to ten, which takes place on the TenPilates custom designed Reformer beds. Constant monitoring = faster results.

... To underline the importance of posture, and to ensure that any postural problems will be addressed through TenPilates, Luke Meessmann, Master Trainer at Chiswick, and his team are now offering specific complimentary postural assessments to all clients on the first Sunday of the month, until December 2008. As Luke says, 'Postural analysis is so important for identifying back problems, then correcting them. Back pain sufferers can then learn the simple changes to everyday routine that will empower you to manage your back pain - and the TenPilates workshop can be tailored to help existing postural problems that could, if ignored, lead to further back complications in future.' What's more, early in 2009, TenPilates will offer a dedicated back workshop (bookable in advance).

... The (firmer) bottom line? TenPilates is unique - in its shape-shifting, posture-enhancing power.

Chiswick, get ready...

TenPilates, Barley Mow Centre, Barley Mow Passage, Chiswick W4 4PH [www.tenpilates.com](http://www.tenpilates.com)

For more information or to arrange an interview or sample a class, please contact:

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