

## Fitness Barre none – new Pilates method developed in the UK

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Following huge success in the USA, Pilates instructors across the UK are being invited to learn the new ballet inspired 'BarrePlus' method under the tuition of Dame Kelly Holmes' personal Pilates instructor, Sandrine Walker.

Developed and trademarked by Sandrine, founder, owner and qualified Master Trainer of Pilates at Sandrine's Pilates, BarrePlus (<http://www.barreplusmethod.com/>) is an intensive total body workout - a fusion of Ballet, Pilates and Aerobics. This intensive, fun, body sculpting workout has been adapted from a Ballet Barre fitness concept using Sandrine's 16 years experience of Pilates as well as a background in ballet dancing and fitness.

As a workout of choice for celebrities like Madonna and Gwyneth Paltrow to Pippa Middleton and Olympians, Dame Kelly Holmes explains why Sandrine's Pilates, located in Tunbridge Wells, is her studio of choice:

"I am really impressed by Sandrine's knowledge, enthusiasm, professionalism and her ability to adapt each session to include elements of challenge, learning and development. Believe me when I say one of Sandrine's sessions makes you alert and gets you switching on your core muscles!"

Sandrine's Pilates, is one of the few studios in the UK to integrate a Barre Method class into its already comprehensive range of Pilates classes and Sandrine now also offers training courses to teach other instructors her own BarrePlus™ method. Sandrine is the first and only trainer to represent PhysicalMind Institute in the UK by holding certification programs in her studio.

As a Ballet Barre class is mainly taken standing, it uses the body's own weight to isolate, strengthen and sculpt all the major muscles and Sandrine's BarrePlus™ method works predominantly at the Barre which makes it unique. A one hour class will consist of 15 minutes of upper body strength, 15 minutes of Pilates on the mat for core stability and 30 minutes at the barre. The combination of Ballet and Pilates, using small controlled isometric exercises, leave the body lean, strong and realigned. Sandrine's BarrePlus™ method integrates the fat-burning element of interval training with muscle shaping isometrics to quickly and safely reshape the entire body while the non-impact workout targets all the major muscle groups and improves posture.

Sandrine Walker comments; "I call BarrePlus™, 'Pilates with attitude' because it's a high intensity workout, which combines weight loss elements of interval training with essential core stability and posture. Being low impact, it suits everyone from pregnant women to seniors to athletes and the results are amazing giving you sculpted arms, flat abs, a lifted seat and elongated thighs. I am offering personal trainers, qualified dance and Pilates instructors nationwide to join me for a comprehensive BarrePlus™ training course on 23rd September to learn my method."

She explains her inspiration for developing the BarrePlus™ Pilates workout; "After giving birth to my 4th child I pulled my hamstring and it took me three years to recover. As a competitive runner I was missing my cardiovascular exercise my lean body and skinny legs. From studying and working in the States,

I knew of a few Barre classes, but was finding them too slow and 15 minutes at the barre wasn't enough for me. I started designing my own method for my clients at my UK studio introducing Ballet for posture strong legs and butt, Pilates for abdominals and Aerobics for fat burning and fun. In less than six months we have moved nearly all our mat classes to BarrePlus™ classes as the response was so fast. People have been hooked on BarrePlus™ as they could see definition in less than a month."

To book a place on the comprehensive BarrePlus™ Method instructor training day course at the Tunbridge Wells studio on Sunday 23rd September go to [www.barreplusmethod.com](http://www.barreplusmethod.com) or call the studio on 01892 618493

Three courses will be available; the comprehensive course; BarrePlus™ with accessories and BarrePlus™ Cardio. Price of each course is £250.

For further information on any BarrePlus™ classes go to: <http://www.sandrinespilates.co.uk/>

Notes to editors:

Sandrine's Pilates opened in 2003 and is a fully equipped studio in Tunbridge Wells, Kent with a full range of Pilates, GYROTONIC® equipment as well as auxiliary exercise accessories. Only 3 minutes walk from Tunbridge Wells station, Sandrine's Pilates is located at 12A London Road, Tunbridge Wells, Kent.

Sandrine's Pilates is fully registered and certificated as an instruction and training centre by PhysicalMind Institute New York, which is now fused with MBodies in the UK for The Method Pilates, and is holding various certification programs in the UK.

Sandrine Walker, founder, owner and master trainer at the Centre, trained in the "Pilates Method" in the USA with PhysicalMind Institute New York, and with physiotherapists for several years.

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Since 2010 Sandrine's Pilates team have been assisting Dame Kelly Holmes with her athletes at "On Camp with Kelly" mentoring the next generation of middle distance runners in the UK.

For further information, images or <strong>to experience a BarrePlus class</strong> please contact:

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