

Twist and Pull

Gyrotonic Expansion System

Are you a serial exerciser? If the answer is yes and you are always looking for the next best thing, then read on.

Have you gone through your life moving from one exercise fad to the other, one week its Yoga and the next its Body Pump? These days there is so much to choose from.

Finding the right exercise is like finding the right man, you have to try out a few different types to find the one for you.

Do you wish that there were some form of exercise that incorporated all the best principles from many forms of exercise? When Juliu Horvath created the Gyrotonic Expansion System this is exactly what he had in mind.

What is Gyrotonic?

Gyrotonic is a movement system on specially designed equipment. The uniqueness of this system is that it simultaneously stretches and strengthens the body with minimal effort, increasing range of movement and improving coordination. The System was created using key principles from gymnastics, dance, swimming, Yoga and martial arts.

The equipment consists of a bench with a handle unit and a tower that has weights and pulleys attached. Once on the machine you can expect three-dimensional movement patterns, consisting of circular, spiralling and rotating movements that increase spinal motion and emphasize multiple joint articula-

tion. A major focus of Gyrotonic is creating a flow of movement from the core outwards synchronised with a corresponding breathing pattern. Each series of movement can be performed in a gentle or forceful cardiovascular manner depending on ability.

How is it different from other forms of exercise?

Many conventional exercise forms and machines use linear and isolated movement patterns that can create an unbalanced and uncoordinated strength, which can lead to injury. Think about weight training as an example. At the start and ending of the movement there is a jarring that occurs, this can result in wear and tear in and around the joint. This is where Gyrotonic is exceptional as the fully adjustable equipment has an even and constant resistance that eliminates the jarring so no compression is applied to any area of the body. Because of the circular nature of the exercises Gyrotonic gives total freedom of movement, working major muscle groups together creating a state of physical balance. Using the Gyrotonic system will enhance aerobic health, neuromuscular coordination, strength and flexibility along with a general feeling of wellbeing.

Who is it good for?

Gyrotonic is used worldwide and is suitable for people with different types of experience and backgrounds. Many use the system as a form of rehabilitation, general conditioning and fitness training. The system has been a major part of training for specific sports people from dancers to athletes. Gyrotonic can release stress that can be brought on by our daily lives and work environment.

What can I expect from a Gyrotonic session?

Depending on the studios' facilities most Gyrotonic sessions are taught on a one to one basis. Each session will last one hour and during this time you will be taken through a series of exercises supported by a certified trainer who will guide you through the workout.

Tunbridge Wells go to www.sandrinespilates.co.uk or call Stephanie Bates on 07801 563 432 For more information and to find your local certified trainer visit www.gyrotonic.com



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"In 10 sessions you'll feel the difference, in 20 you'll see the difference and in 30 you'll have a new body" Joseph Pilates (1881-1967)

Improve Posture ● Tone Muscles ● Boost Core Strength
● Relieve Back Pain ● Increase Flexibility ● Prevent Injury
● Energise Yourself

Pilates Mat Classes (Variety of classes taught Max 10 people),
Semi Private Classes (max 4), Private Classes (one to one)
Workshops on GYROKINESIS®, Pilates for Golf, Runners and Tennis