Physical Health Limited

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Company logo

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The sessions, which are one-and-a-half-hours long – in contrast with the one-hour sessions at most London studios – gives us time to work thoroughly and carefully through your entire body, We work with you in detail to increase your understanding of how you can work on your body, and to enable you to explore what we call the “internal-mechanism” of Pilates exercises. We are open seven days a week, and work with people of all ages and from all walks of life; whether you are new to Pilates or a trained athlete we have something interesting for you. If you want to tone and regain your body shape after childbirth or need to support your body though pregnancy, we can help you. If you have chronic pain, an injury, or have had surgery and need help getting back to health, we specialise in using Pilates for rehabilitation. If you want to improve your posture or just do some exercise and get more toned and feel better, we can help. In fact, we can adapt to every need.

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