



FIRST for FITNESS

Absolute Pilates Plus is THE place for fitness fans says owner Roya Elghanian



Name: Roya Elghanian
Position: Owner
Business name: Absolute Pilates Plus
Business address:

19 Heathman's Road, Fulham SW6 4TJ
Phone: 020 7731 3704
E mail: info@absolutepilatesplus.com
Website: www.absolutepilatesplus.com

ABSOLUTE PILATES PLUS... is a light and airy boutique fitness studio that provides a home-away-from-home for all fitness fanatics. While we specialise in reformer pilates, our three other studio spaces allow you to indulge in boxercise, spinning, kettle-bell training, circuits, L.B.T and enjoy a massage!

I STARTED TAKING REFORMER PILATES CLASSES... due to a lower back injury and a recommendation from my osteopath, advice I am sure he regrets as I haven't been back to him

since! Last year I decided to step it up a gear and open my own studio and thus Absolute Pilates Plus was born.

WE ARE BASED IN PARSONS GREEN... just a two-minute walk from the station. The studio has 20ft vaulted ceilings, and lends itself to great ambiance and karma. If you need to go straight to work or out to the pub after your workout, Absolute has very clean, high-end changing rooms for both men and women with showers and towels for no extra charge.

THE STAFF ARE EXTREMELY WELCOMING... fun and friendly. We have a range of trainers with different backgrounds and areas of expertise who are always on hand to give advice and guidance. Our head trainer brings a wealth of knowledge to the studio and assists many clients in realigning posture and relieving back injuries.

THE NEWEST TREND IN THE INDUSTRY IS... combining cardio exercise with pilates. Absolute Pilates Plus are way ahead! From day one we have offered spin-core classes entailing a 30-minute spin to some great tunes followed by an hour working on your core in the pilates class.

ABSOLUTE PILATES PLUS IS A NEW PHENOMENON... The client-focused approach to all our classes gives the studio a unique energy. Class numbers are kept low to ensure clients all get the attention and guidance they require. The studio works on a credit system – no monthly membership – so you only pay for what you do at very competitive prices.

THE FUTURE IS BRIGHT! Massage, nutritional advice and personal training are but a few of the developments on their way into the studio. ●