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TenPilates



★★★★★

By: MyVillage

Write Review

I asked a friend what Pilates was - having never been to a class myself - and she replied: "you just hold your body in really difficult positions for ages". With my expectations of an hour of torture, I turned up to the Chiswick Studio at nine o'clock, mentally prepared for my appointment with pain.

I was greeted by an enthusiastic and good-looking gentleman, who I later learnt was David Higgins the co-founder of TenPilates. "Do you do any regular exercise?" he asked. Yes, I run, twice a week, I replied. He explained we were starting off slow as this is an introductory class, and with this comment I suddenly became relieved and optimistic that this should be a doddle. However not even a marathon could prepare me for TenPilates. It's anaerobic exercise; and as a runner this was a whole new route that I was trying out.

And TenPilates is not just another exercise class either. All the exercises are carried out on a "reformer" - a work bench with a movable chair which can be moved with arm ropes attached to weights. During the class we went through a series of exercises that concentrated on different muscles. My friend was right - there were a lot of difficult stances that we had to hold, but it was a lot more than that. TenPilates was more of a skill than a workout, the moves are not difficult but they do not come naturally. The repetitions allowed me to perfect this skill which distracted me from my aching muscles as I worked on keeping my back straight, torso curved, legs parallel and head up. The instructor, Neil, was also very amicable. My experience with exercise classes is that you grow to hate the instructor who's insincerely spurring you on to do that extra lunge when you are about to collapse with exhaustion. He talked us through each exercises explaining what muscles we were strengthening and why. This was a nice touch - it made it feel like you weren't just enduring pain for their pleasure.

After the class I felt virtuous. My body ached but I felt good. Apart from feeling euphoric from doing something good for your health, David Higgins, the co-founder explained the dynamic purpose that TenPilates serves. It's used along with other sports to improve agility and muscle efficiency by "rebalancing muscles that have been overworked" - allowing you to go faster for longer. TenPilates can also help back pain by improving back muscles and posture. They have a significant number of corporate customers. 80% of the population have lower back problems, and 70% of these people take days off, large corporations offer TenPilates class to improve back muscles and posture which prevents employees taking days off.

TenPilates has lots of exciting events coming up this year. They are launching seasonal classes designed to work on key muscle groups in certain sports: running in spring, general toning up for the beach in summer, rugby season in autumn, and skiing exercises in winter. There is a Valentines Day class where you can bring a single friend for free, as well as Mothers Day Gift Cards where mums can enjoy TenPilates. The business is also expanding to other areas of exercise; on the 1st February TenPilates launches a running club which will lead to a 10K and a picnic for TenPilates members. They are also introducing personal training at the Chiswick and Notting Hill studios where you can receive bespoke personal training from a skilled trainer.

TenPilates is a unique organisation, their seasonal classes and skilled instructors shows they have considered customers' needs. The studio is thriving with genuine enthusiasm from all members of staff with instructors even attending the classes regularly themselves. They have made working out less of a chore and more of a talent that makes you want to come back and practise. I look forward to seeing what else TenPilates have to offer.

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