

"In ten sessions you'll feel the difference,
in twenty you'll see the difference,
and in thirty you'll have a new body"

~ Joseph Pilates



Body sculpting with Pilates Reformer

Catwalk models Karlie Kloss and Candice Swanepoel continue to rave about how Pilates Reformer has completely changed their shape.

The buzz about nipped-in waists and longer legs is all over social media with all shapes of A-Lister jumping on the bandwagon. Vivienne M Clark finds out what all the fuss is about...

"Pilates trains your body to look after itself long after you've left the studio," says Nubodi founder and Pilates Reformer practitioner Carine Moffett (pictured above).

"You will completely reshape your body after 10 sessions," explains Carine, who runs private sessions as well as classes for up to seven people at a time at Nubodi in Henley.

With the promise of quick results I'm keen, if a little apprehensive, when I first see a machine that resembles something you'd find in a torture chamber.

Horizontal, like a bed frame, the Reformer has a sliding carriage and adjustable springs, cables and pulleys that allow you to work out standing up or lying down.

As a complete beginner my first experience is a 1-2-1 session with Riko.

It feels a little awkward at first, but I soon get used to the way the ropes gently nudge your body, keeping it in the right position. After only three one-hour sessions I am seeing results and feeling stronger.

Riko Pomfret, a qualified STOTT Pilates instructor at Nubodi explained that Pilates Reformer is designed to work the smaller muscle groups on a regular basis.

At the same time you get a full body workout and you will feel the burn in each and every muscle group as you focus on alignment and form which is what the instructors are very focused on. In small groups of a max of seven clients, your Nubodi instructor can make sure you are correctly aligned and corrected so you really feel the burn and isolate all those important muscles.

Depending on the class there are different

levels of intensity. I particularly love the stretch class and afterwards I feel energised and lengthened, a bit like I've had a sports massage. After only a few sessions I feel taller and lighter on my feet and my niggling shoulder pain has almost disappeared.

As in LA, New York and London, Pilates Reformer is becoming hugely popular in Henley.

I spoke with some fellow class members and was impressed by how much they all love the classes.



Suzy Hobbs

I have always been a frequent visitor to the gym, but over the years (and as I have got older) I have picked up some injuries and also experienced wear and tear after so many years of gym work – in particular body pump.

I have a bulging disc in my neck and bad back and pelvic problems. I started Reformer Pilates with Carine over a year ago now and have noticed such a huge transformation!

With more carefully structured gym work, and under the watchful eye of Carine, my symptoms have massively decreased and my body shape has changed.

If I'm honest I started Reformer to help with all my aches and pains (which it has) but getting a leaner, more toned physique has been a huge bonus!

I can't recommend Carine and Reformer Pilates enough.

I've been advised of the importance of Pilates for years by physios and doctors and now I can really see why.

I used to see a physio once a week for months, but since starting Pilates I haven't been back. Best investment ever!

Sophie Taylor

After many years of trying out different types of workouts, I was yet to find a class that challenged both my strength and flexibility, as well as focused me in a meditative way whilst also being entertaining and fun.

That was until I started doing Pilates Reformer classes with Carine and her team at Nubodi. I am addicted.

Each class is varied, with different levels of challenge, which means you could do them every day and work your body in a different way, engaging different muscles and keeping you on your toes.



Carine and her team ensure you are supporting your body correctly and doing the exercises on the Reformer in good alignment, but also ensuring you are working hard.

From fast-past cardio, and jump board classes to more slow paced, but muscle burning, classes and everything else, Nubodi Pilates Reformer is amazing.

I have been going to four or five classes a week for the last month and I have noticed more changes in my body this month than I did with a whole six months of training for a triathlon.

Not only do I feel stronger and more toned, but also through strengthening my core, which is focused on during every class, all of my back ache has gone, and my weak ankles have strengthened through the foot work we always do.

I am standing taller and maintaining better posture more comfortably. I am excited to go to every class, knowing my body will have a good workout, my mind will feel energised and I am seeing the results of the hard work.

READER OFFER

Carine is offering Henley Life readers 20% off beginner workshop and private sessions. Or book your first group class for £10 if booked before Easter (normal price £20).



Carine Moffett is the founder of Nubodi Pilates. She is STOTT Pilates Intensive Mat, BootyBarre & Reformer Certified
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