



HEALTH & FITNESS WITH JON & CLAIRE WRAY

This month we talk to Jon and Claire Wray, founders of Equilibrium Health Studio, who are health and fitness experts. Each month they'll guide you through the latest trends in the health and fitness world and will be available to answer your questions in their monthly column.

Jon and Claire own Leeds city centres' only Personal Training and Pilates studio, situated behind The Light.

"Equilibrium is unique in the package it offers to people in Leeds. The Personal Training is fully private and results driven. No-one is watching you as you exercise which for many people who need a trainer, is a huge bonus," explained Jon. "Through many years of experience and study, we offer guaranteed results – if you stay with us for three months but don't see, feel and measure the difference we give you your money back. So far we haven't had to do it!"



Jon continued: "I've had some amazing, truly life changing results with clients— people losing over three stone in weight, coming off blood pressure and cholesterol medication, being fitter later in life than they ever were when they were in their teens, through to people just getting in great shape for the beach."

"The way we and our clients see it you

get true value for money. Every minute you pay for you're working towards your goals. In a gym you may be paying and not even going there. With us there are no membership fees and we offer something for every budget – some clients see us three to four times privately a week, but we also offer Boot Camps so you can work around your budget."

Claire explained more about the Pilates side of the business.

"At Equilibrium we go back to Joseph Pilates' original way of working. He taught with machines he invented himself in his New York studio. Many people think Pilates is just mat work but to give some perspective there were 34 original mat work exercises and up to 500 Pilates exercises when you bring in the machines. The machines can add resistance to the work, which is where the celebrities who practice get their Über-tone. They always work with the machines."

Claire added: "What's so amazing is that you can adapt the exercises easily for anybody as you have so much more to draw on with the machines' repertoire. So I work with many people who have joint problems, especially back pain – they often find it's the only exercise that brings relief. It's all about posture, alignment and control of movement, educating the body into its correct movement patterns. I've also worked with professional dancers and sports people – Joe Pilates coached Max Schmelling, the World Heavyweight Boxing Champion of his time, so it can also be a tough workout if you want it to be."

"At Equilibrium we do a lot of one to one work but also offer small group classes in mat work and on the machines. We have a maximum of nine in a mat work class and six in a machines class so it's very hands on - without that precision

it's ineffective. My teachers are very highly trained and have spent years studying and practising – we've got a great team."

Jon's background is as a professional Rugby League player. He played in the Wembley Challenge Cup final for Castleford Tigers, as well as for Wakefield Wildcats and Hull KR. "As I was playing I started studying and now have a Masters degree in Sport and Exercise Science and am a part-time university lecturer, as well as being a consultant conditioner for professional sports clubs. I've been a Personal Trainer for 12 years now. I think the combination of experience, a sporting background and in depth knowledge have led me to know what works and how to get results. That's what it's all about here – so many people go to a gym and not achieve their goals; but we deliver time and time again. I've now got a team of trainers with me that I've been lucky enough to hand pick – years of experience, well educated and talented with the Equilibrium ethos of being totally results focused."

Claire said: "I've taught in health and fitness since 1993 and have specialised in Pilates since 2000 when my first child was born. I had three babies in four years so I know how hard it is to stay in shape after children. Pilates gave me that – in fact I taught and practised right up until giving birth and had flat abs three weeks later – all down to Pilates."

"I've studied with Modern Pilates and the Pilates Institute and continue to train and update – with Pilates you never stop learning and practising. I've been lucky enough recently to spend four days being taught by Michael King – a Pilates guru and was grilled for four hours a day because my own technique is crucial and I can't pass the method on without



experiencing it in my own body".

"I'm passionate about bringing the true understanding of Pilates to Leeds. In the US and in London machine studios are everywhere simply because it works. Now people in Leeds have the chance to experience what the celebrities like Madonna, Gwyneth Paltrow and Kylie do with their Pilates trainers."

Jon concluded: "We have a total package here, Personal Training, Pilates and we also offer complementary therapies such as Thai Yoga massage, holistic and deep tissue massage, reflexology, physiotherapy and reiki. All in a studio designed by TV's Feng Shui Doctor, Paul Darby. It's a haven for people who work and play hard in Leeds."

Claire added: "We're delighted to be working with Absolute Leeds. We'll be bringing you the latest information in the health and fitness industry and are happy to help with any questions and give any advice to Ab Leeds readers."

FOR MORE INFORMATION
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