



THE PILATES GAZETTE

GYROTONIC EXPANSION SYSTEM®

by Natasha Lutz

It is impossible not to notice, or to be impressed, by the latest addition to The Pilates Studio Gstaad. The **GYROTONIC®** Pulley Tower is truly a beautiful and exotic looking piece of equipment that is a central part of the fascinating non-linear exercise method known as the **GYROTONIC EXPANSION SYSTEM®**.

Created by Juliu Horvath, a former professional dancer, **GYROTONIC®** challenges the body to move in totally new ways. It combines elements of yoga, dance, swimming and tai chi, working in an organic way to strengthen and revitalize the mind and the body, creating an overall feeling of well-being.

Based on the principles of expansion and building strength through muscle release and re-patterning, **GYROTONIC®** incorporates three dimensional and circular movements in order to mobilize both the spine and joints increasing the natural range of motion.

Similar to swimming, **GYROTONIC®** exercises use multiple muscle groups, stimulate the nervous system and are low-impact. The unique **GYROTONIC®** Pulley Tower supports the body by counter balancing its weight with a system of weights and

pulleys, like water supports the body when swimming. The system of weights and pulleys are also designed so both sides of the body are worked evenly. They help the overused/developed muscles to release, while the weaker muscles are stimulated to strengthen - hence bringing the body back into balance.

"It's a way of conditioning the body based on stimulation not over-burdening muscles groups. With less effort you can actually gain strength...it's not a competitive type of exercise but preparative and regenerative."
Juliu Horvath



Some of the many benefits of regular **GYROTONIC®** sessions include:

- Increase strength, flexibility and stamina
- Decompression of the spine and joints through the non-linear spiraling and circular motions of the exercises
- Stimulates the nervous system increasing the speed of muscle response
- The combination of specific breath patterns with continuous, fluid movements stimulates metabolism and helps burn calories
- Is a safe and effective form of exercise for ante and post-natal women
- Offers a safe and beneficial form of exercise for a wide range of medical conditions, including high blood pressure, Osteoporosis, Scoliosis, shoulder and neck pain, back pain, Fibromyalgia, tension headaches, and Arthritis.
- Develops healthy, positive body awareness and self image
- The continual ebb and flow created through the movements revitalize and relax both the mind and body

Continued on page 2.



Autumn Studio News

Autumn Opening Hours

From 12 September 2011, The Pilates Studio will open on the following days:

Mondays	9:15 – 14:45
Tuesdays	9:15 – 15:45
Wednesdays	9:15 – 15:45
Thursdays	9:15 – 14:45
Fridays	9:15 – 15:45
Saturdays	9:15 – 13:45
Sundays	CLOSED

Instructors

Natasha Lutz continues as the principle Pilates and **GYROTONIC®** Instructor.



Equipment Review : Toning Balls & DVD

Strengthen and tone your body with STOTT Pilates Toning Balls. Toning Balls are ideal for adding resistance to exercises, targeting desired muscle groups to sculpt strong, healthy muscles without building bulk. Add to matwork or equipment based routines to increase intensity.

Each ball features a durable outer shell and sand filling, making them easy and comfortable to grip,

GYROTONIC EXPANSION SYSTEM®

Continued from page 1.

The beauty of the **GYROTONIC®** method, and equipment, is that it offers complete freedom of movement and is fully adjustable to meet the needs of every body type, age, and level of fitness. From professional dancers and elite athletes, to those recovering and rehabilitating from illness or injury, to pre and post natal women, or any person interested in looking and feeling great - **GYROTONIC®** has something to offer everyone!

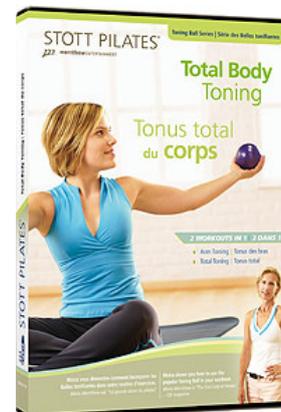
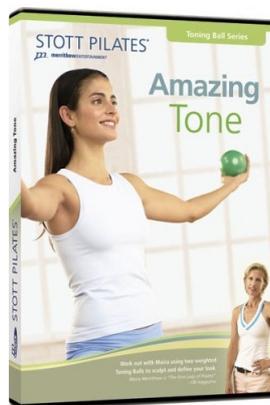
The main difference between Pilates and **GYROTONIC®** training:

- The Pilates Method is based on more two dimensional movement, focusing on postural alignment, core stability and control
- **GYROTONIC®** works on releasing and exploring the body's limits using multi-dimensional

and ideal for travelling.

Available from *The Pilates Studio Gstaad* in packets of two - 1lb, 2lb or 3lb in weight

Team up your toning balls with one of STOTT's at home DVD's for a super efficient workout to help streamline your body.



Total Body Toning: Get in shape and stay fit mentally and physically with this total body exercise program that consists of two 20-minute Toning Ball workouts on one disc. Moira Merrithew shows you how this popular fitness accessory can help to tone your entire body, while systematically targeting your arms, abdominals and thighs.

Amazing Tone: This invigorating full body routine is suitable for beginners to advanced clients, and contains plenty of new ideas for your Pilates practice. Intensify your core stabilization and challenge your upper and lower body to work simultaneously.

Both DVD's require an exercise mat and 2 Toning Balls

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movements within a safe range

Due to the fact that Juliu Hovath is still alive, the trademark and quality control of his system is strenuously maintained. **GYROTONIC®** Teacher Training takes approximately eighteen months and updates are needed every two years to maintain your license.

For more information about Juliu Jorvath and the **GYROTONIC EXPANSION SYSTEM®** please visit the studio website: www.pilatesgstaad.ch

Private **GYROTONIC®** sessions are now available with Natasha Lutz

Advanced reservations are recommended

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Member of the Schweizerischer Pilates Verband

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