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Press Release
For Immediate Release

OPENING OF NEW STUDIO AT GUTHRIE HOUSE BY THE MOVING BODY

Singapore – The Moving Body, Singapore’s largest Pilates and **GYROTONIC®** Studio has announced the Grand Opening of its second Pilates and **GYROTONIC®** studio at Guthrie House on the weekend of May 11th 2012. Pilates and **GYROTONIC®** enthusiasts and Bukit Timah residents will be able to enjoy the benefits of taking regular personalized classes and get rid of their aches and pains more conveniently.

“Most of our clients have busy schedules and our new studio will make it more convenient for them to get help in ridding their aches and pains, and restoring their bodies, ” said Studio Director Audrey Stella D’ Cotta.

As one of the first fitness centres in Singapore to adopt the innovative rehabilitation treatments using a combination of Pilates, physiotherapy and **GYROTONIC®** movements as a healing tool, the company’s vision is to help its clients find “Freedom through Movement”. Everybody deserves a workout that will make them feel stronger and energized to move even better in their regular sports and daily activities.

The new studio will be also be the first studio in Singapore to introduce the latest Pilates Allegro 2 Reformer by Balanced Body. Possibly the most user-friendly reformer on the market, clients can enjoy a more extensive workout as the new Reformer allows greater adjustability of the footbar, rope and shoulder pads for a greater variety of exercises.

In addition to the Pilates mat classes and **GYROTONIC®** classes, clients can also enjoy physiotherapy consultation and treatment by sister company, Physio In Motion housed within the same studio.

This second location opens three years after the main studio went into business at Robertson Walk; Director Audrey Stella D’Cotta saw the need to expand her service offerings to clients seeking personalized rehabilitative workouts combining physiotherapy, pilates and the **GYROTONIC®** method.

Grand Opening Weekend May 11th & May 12th

To celebrate the grand opening, The Moving Body will be having its official opening on May 11 and 12, 2012 (Friday and Saturday) and the public is warmly invited to attend complimentary group Pilates classes that are running throughout the two days. Trial Private and Semiprivate lessons can also be arranged at a special discounted rate for the month of May.

To register for a free trial class, please call 6469 3870 or 81289062 or visit www.themovingbody.com.sg to register. Kindly specify Guthrie house when booking your slot.

Special Promotions

Sign up for a package on Grand Opening weekend (May 11 and 12, 2012) and receive a free group class worth \$50.

One can also enjoy a Physiotherapy Assessment at only \$65 during the Grand Opening Weekend. This promotion applies to all assessments purchased on May 11 and 12. There will be a 10% off with every purchase of a 5-session Physiotherapy or Movement Therapy package. Packages are limited to 1 per person and are only valid for 3 months at Guthrie House.

ABOUT THE MOVING BODY

Devoted to help clients achieve "Freedom Through Movement", The Moving Body offers customized programs consisting of Pilates, **GYROTONIC®**, Massage and Physiotherapy, to meet the needs of people from all walks of life.

The studio hails itself as being the first in Singapore to offer training to clients on the full suite of **GYROTONIC®** specialized equipment, a revolutionary line of exercise equipment that can meet the needs of individuals looking to recover from injury or enhance their performance.

Boasting a team of internationally certified instructors from all parts of the world is widely regarded as some of the most experienced in the industry. The Moving Body Studios offers private and semi-private training and small group classes.

The new studio is located at No. 1 Fifth Avenue, Guthrie House #03-09 Singapore 26880, T: 6469 3870. In addition to their Flagship studio at 11 Unity Street Robertson Walk #01-23/24 Singapore 237995, T:62351051

For more information, visit www.themovingbody.com.sg or email your inquiries to info@themovingbody.com.sg.

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