



*Pilates Nation was born out of a love for Pilates. Alison Goodman started Pilates fourteen years ago and has been a fully qualified teacher for ten years.*

All the instructors at Pilates Nation are classically trained and able to work with clients of all ages and abilities. As Power Pilates' only "Participating Training Centre" in the UK, Pilates Nation is subjected to the most rigorous quality control and teaching guidelines.

Alison Goodman has been practising Pilates for fourteen years and teaching it for ten. Qualified in the UK and USA (with Power Pilates, Polestar Pilates and BodyControl Pilates) it was her training with Bob Liekens and Susan Moran Pierich that inspired her to open Pilates Nation - a Pilates studio dedicated to teaching the method in the original, classical style developed by Joseph Pilates himself. "The difference is the apparatus" says Alison, "it's designed to help you discover and develop your really deep muscles, giving you a full body workout whilst improving posture and core stability".

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Call **020 8444 5244** or [contact us](#) for more information.