

ADFP

ADVANCED DEVELOPMENT PROGRAM



ABOUT

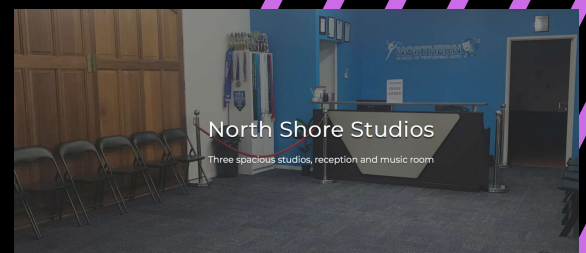
NSPA Shore Studio, located 1 Barrys Point Road, Takapuna is located in the heart of vibrant Takapuna, The studio is fitted with three spacious studios, a reception, music room, students waiting room & full bathroom & kitchen facilities.

The studios are fitted with beautiful floating wooden floors, barres, mirrors & air conditioning units fitted into all three studios. Countdown supermarket is conveniently right across the road, with Shore City Mall just a few minutes away.



Pilates classes are fantastic for toning, sculpting and fitness. These sessions use spring based resistance Pilates equipment and are suitable for people with all levels of Pilates experience, as all classes are fully supervised and directed by a Suna Pilates trainer.

Classes are: High energy, fat burning, body shaping, Full body workout every session, challenging and fun. Also great for rehab and injury prevention, Muscle specific exercises strengthen weak areas, such as backs and knees.



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