

THE PERSONAL EXPERIENCE



Sign up for a 12 week programme & receive Three Infrared Sauna Sessions **FREE!**

Jenna Moore meets Wendy Bobsien, the owner of Eastside Body Transformation Centre - a fitness studio with a difference.

Picture this: a light and airy space furnished with a collection of top-of-the-line fitness equipment, a state of the art infrared sauna, and a comfy lounge cum reception room to relax in post-workout.

This is Eastside Body Transformation Studio – a boutique fitness studio for those who love a personal wellness experience. “My focus is on one-on-one training,” says Wendy. “My clients book times that fit their schedules. People tell me they love the flexibility of personal appointments and it allows them to prioritise themselves and their fitness according to their schedule. The results speak for themselves – most people report feeling a difference in confidence, flexibility and strength in as little as a month.”

Wendy is a warm and engaging instructor and entrepreneur. She has owned and managed several successful businesses both here and overseas; running super yachts in Europe with her husband and working with food and nutrition - creating healthy culinary delights and developing raw food recipes. Eastside Body Transformation Centre is her latest venture.

Trained in the world-renowned STOTT method of Pilates, Wendy also holds qualifications as a Power Plate Instructor and graduated from the New Zealand Institute of Health & Fitness as a personal trainer and exercise consultant; she’s also added some specialised strength training to her credentials. This allows the studio to offer

a multi-disciplinary approach to fitness combining Pilates, Power Plate, resistance and strength workouts along with customised nutritional and wellness advice.

“I’ve always been into fitness and nutrition and I wanted to create something to do with exercise. I’m here to help people in any way I can,” she says. “Weight loss, fitness, self esteem, hormonal challenges, getting back into shape after having their baby, looking their best on their wedding day, food issues. I offer nutritional guidance and I work with a fantastic nutritionist and a holistic doctor as well.”

All ages enjoy Eastside Studio. Wendy’s youngest client is 24 and her oldest is 70. “My mother who is 84 (she lives in Australia) came in for a workout the other day and loved it!” says Wendy. Couples train together, husbands and wives, mothers and daughters, friends and friends. People come in to maintain regular fitness.

“I recommend a tailored 12-week programme,” says Wendy. “I also run small group strength training classes. There are four positions on the suspension apparatus, which allows you to do supported full body movements safely – the challenging moves such as lunges, squats, and upright rows. The class is 25 minutes with five to 10 minutes of stretching. It’s a fun, safe highly effective, body transforming workout that’s all done in just 30-40 minutes.”



WHAT'S ON OFFER?

- Private studio
- One-on-one personal training
- Ongoing support and motivation
- Highly effective exercise sessions
- Help with individual concerns from weight loss to hormone balance to core strength
- Power Plate – burns fat, improves muscle tone, balance, circulation, flexibility, cellulite, pain and strength
- Pilates – lengthens, stretches, increases muscle strength and tone particularly the abdominals, lower back, hips and buttocks
- Strength Training – maximizes strength, stability, endurance, tones and defines
- Infrared Sauna – burns calories, removes toxins, relieves pain, improves circulation and immunity, increases tissue elasticity and relaxation
- Nutritional advice



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