



Launched in October 2019, **STRONG** Pilates has grown exponentially, with 400+ territories sold or reserved cross Australia, New Zealand, Canada, Singapore, the UK and the EU.

There are currently 12 **STRONG** Pilates studios operating across the UK and Ireland, with a strong pipeline planned for 2026.



Unlike traditional Pilates, **STRONG** is designed to raise intensity, drive progression, and appeal to a broader market without compromising form or recovery. With a rapidly expanding global footprint, **STRONG** sits at the intersection of fitness innovation and franchise growth.

STRONG Pilates sets a 45 minute session of high-intensity, low-impact training concept that fuses Pilates with Cardio and powered by their exclusive Rowformer and Bikeformer machines.

Combining reformer-based strength training with intervals of rowing or biking **STRONG** delivers a full-body workout that improves strength, endurance and mobility — all in just 45 minutes, with 20 participants per class and led by one instructor.

REQUIREMENT:

Size: 3,000 - 4,000 sq ft

Priority Areas:

Balham
Canary Wharf
Clapham
Finchley
Greenwich
Guildford
Mill Hill
West Hampstead
Weybridge
White City

List is not exhaustive



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