

Peak Pilates® on Deck with Master Instructor Helga Sylvester

At The Pilates Place Studio in Rotterdam, Netherlands studio owner and Peak Pilates® Master Instructor Helga Sylvester repeatedly tells her clients “we love Pilates and it shows!” Part of her philosophy is the idea of sharing Pilates with everyone. In hopes of starting a movement to share and spread the love for Pilates Helga hosted a free event every first Sunday of the month called Pilates on Deck.

Pilates on Deck takes place in the Queens lounge on the SS Rotterdam, formerly known as a cruise ship that has sailed from Europe to the USA. It has been converted into a hotel and conference center and is very well known in Rotterdam. By hosting free events for anyone to come, bring a mat and join the fun, she hopes to share the spirit of Pilates. Scroll through the pictures below to take a look at all of the fun and excitement from the event.

Helga has received unanimous feedback from those who attend on how wonderful their experience is and what positive vibes it brings to their lives. In an effort to continue this movement Helga plans to host future events, free of charge, for Pilates enthusiasts, instructors and students!

Be the first to know about upcoming events hosted by The Pilates Place Rotterdam. Click [here](#) to view their Facebook page for events, photos and more.



