

Joseph Hubertus Pilates was born in 1880 near Dusseldorf. Diseases such as asthma, rickets, and rheumatic fever were characteristic illnesses during his childhood. This is why he began at an early age to dedicated his life to physical training. Inspired by Far Eastern and Western philosophies, he combined the spirit and breathing technique of yoga together with gymnastics and other sports to create something entirely new. He called it "The Art of Contrology".

Being German he was called up for Service during the First World War. Joseph Pilates helped wounded war soldiers to recover quickly. From bed springs he built his first equipment. With these tools he achieved such great success that he was also able to train „healthy people“. Pilates emigrated to the United States in the 1930s and opened his first studio in New York City. He very quickly became a „secret tip“ within the dance scene. Dancing legends like Georg Balanchine and Martha Graham were but two of his innumerable clients.

Josph Pilates died at the age of 87 years. More recently, the Pilates methods are being used by Athletes, Models, and Actors.