

Rayna Gillott

founder | Pilates Haus

Winner 2024 IWIB Best Small Business

Pilates Haus first Studio opened January 2021, followed by a second studio Pilates Haus South (Warilla) in 2022, and then Pilates Haus North (Woonona) in 2023

With 3 busy studios and a single mum of two little boys, life is hectic for Rayna.

Pilates Haus has a team of 23 trainers and a dedicated Pilates Haus training and mentoring academy for new trainers.



A specialised member program that celebrates “wins” for their members and all their trainers have extensive training to ensure they deliver members a premium, seamless service from their first class to 1000 classes.

They are in the process of launching their teacher trainer program PLUS a 4th studio “Pilates Haus Platinum”

Their goal is to get their clients stronger and more confident to be the very best version of themselves.

As a woman in her 40s, Rayna know it’s more important than ever to include resistance training in everyday life - important for bone health, muscle mass,

hormones, balance + Stability all which can deteriorate significantly after the age of 40

Rayna takes pride in Pilates Haus providing a haven for people to come to - to get stronger, to see results to feel supported and to be involved in a welcoming community

Rayna finds it rewarding seeing and hearing from people that have changed their lives for the better at Pilates Haus. Rayna has heard many inspiring stories over the years and thrives on being involved in creating so much happiness with life changing results for many people.