

# Pilates

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## Reformer Pilates

The reformer offers all of the benefits of Pilates which include balance, strength, flexibility and coordination. Improving these things will lead to better posture, graceful and efficient movement, and relief from pain associated with physical imbalances.

The design of the reformer creates stability challenges that help develop core strength and improve balance, and it will accommodate a full range of motion which helps to increase flexibility and build strength. It lengthens the body, and trains the body to sustain that length. Another benefit is building strong bones through the resistance the reformer offers.

Our Pilates practitioners are Vivian Testa, Sandy Greiner and Liz Roche. Vivian is fully certified in Stott Pilates, Sandy is certified by the Pilates Method Alliance and Liz is certified by Physical Mind Institute. They focus on a more structural approach and athletic conditioning, while emphasizing control. In the words of Joseph Pilates, control "develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit."

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