

Pilates was suggested to me as a means of rehabilitation following abdominal surgery. I wanted to regain core strength in my abdomen following 3 c-sections and surgery for an abdominal hernia. I am also a competitive runner and thought that additional strength and flexibility would benefit my performance.

I have absolutely achieved my goals! My core strength is formidable and my running performance is the best in years! At age 41 I was 23rd in the NYC marathon. I have no doubt that Pilates contributed to my ability to run fast and to withstand 80 mile/week of training. Not to mention, my waist size has shrunk dramatically to pre-baby dimensions even though I was lean to begin with! People constantly comment on my arms, which are strong. Reforming NY has excellent teachers- all with their own particular style.

Alayne Adams