

My cousin, a physical therapist recommended I try Pilates for my posture. My goals when I came in were to enhance my posture, stomach strength, and flexibility. I feel I have achieved my goals of becoming more flexible and by improving my posture. I now have strong stomach muscles. This has made me set new goals. Within 7-10 classes I felt results, after 15-20 I saw results, after 25-30 others started noticing. The most dramatic change in my appearance is that my waist size shrunk from a 38 to a 36 through a combo of Pilates exercise and diet. Pilates was a big factor as it tightened my stomach. I stand taller now, in a sense of projection of increased confidence via better posture. I am very pleased with the excellent level of attention you get in these classes and the quality of teachers has been great, each having their own style, which made learning more enjoyable. Pilates has made an extremely positive impact to my life and I do plan on continuing.

Hani Akhras