

I turned to Pilates to make sure I never injured my back like I did before and to try to firm up my abs and rest of my core. I just weighed myself on 3/9/03 and in a little under 2 months I've gone from 180 lbs to 166lbs. I no longer have to breathe a different way when I wear certain shirts, don't get me wrong, I still suck in my stomach, but its not as noticeable. I feel taller and I'm definitely stronger and my arms are more defined.

All the instructors bring a different personality trait to their classes. It's so not a workout that it de finitely isn't mind numbing like going to the gym. I also think it helps maintain a certain sanity level for people. You come in slightly from life and leave sane. It's better than therapy!

Jerry Dee Lame