

It was my lucky day when I found Ann and her Reforming New York, Ltd. Studio, and began taking her Pilates class. Ann is a wonderful teacher, she is patient and her instructions are clear and precise. I am 50 and was totally out of shape. Ann gets me through the hour with a feeling of confidence. When I am finished with her class, I walk and breathe as if I am years younger. An added incentive is that you work on reformers and the price for Pilates is very affordable, unlike other studios I have researched. Plus, the classes are small and you get a lot of personal attention. All I can say is, Thank you Ann.

All my best,
Siobhan