

I began taking Pilates classes six months following major surgery, which left me feeling physically weak and emotionally drained. It was one of the best decisions I have ever-made in my life! Now, a year later, I credit Pilates with not only helping to regenerate my physical strength, but also to renew my spirit, and to regain a positive mental attitude about myself. I fully understand what Joseph H. Pilates meant when he said, "It is the mind that builds the body." Pilates is safe, effective, and fun form of exercise. Pilates Reforming NY makes it affordable. Thanks Ann.

Mary Ann Susco