

My original goals when beginning Pilates Reformer classes were to strengthen back and abs as I had lower back pain and to strengthen legs to prevent knee pain. My abs are now very strong, I have less back pain and more definition in quads. I am much stronger overall. My arms, upper body, chest, biceps and triceps are more defined and my legs look so much better. I am pleased with the attention I get in the group classes because it takes time to make sure form is correct and breathing is correct. The teachers here are conscientious and dedicated. I workout 4x a week and feel like Pilates has helped define my body more than other workouts.

Mai Yuen