

**Pilates has changed my life.** I am a 60 year-old woman who was never very active and always too busy (the most common excuse, isn't it?) to fit in any exercise routine.

Then three years ago I suffered from back pain and sciatica. I discovered I had a degenerative disc and bone spurs on my spine. But it was the extreme discomfort from sciatica in my right leg that sent me to PRO PT for therapy. As I progressed, the staff at PRO PT encouraged me to try Pilates. They felt I would be a good candidate for it and started classes, continuing twice a week uninterrupted for the past three years.

But what sets Pilates at PRO PT apart is the level of personal attention we receive. Classes are small, enabling our instructor to think outside the box and offer a series of dynamic exercises that change with each session. And because most of us came from therapy, individual problem areas are always taken into consideration.

For all these reasons plus a very reasonable cost per session, Pilates at Pro PT is now part of my weekly routine. I hope you will consider making it part of yours.

~Susan



**I love Pilates** and feel it keeps me from sliding back into the back pain I was experiencing.

I'm 60 years old and am actively trying to keep as flexible and healthy as long as possible. Pilates helps with balance, strength and flexibility....all very important as we age. In addition, I feel it is helping to keep my bones strong and my flexibility is much better.

My husband and I dance 2 to 4 times a week and I play golf once a week. I feel the Pilates training keeps me strong and allows me to enjoy both of these activities.

I'm glad my doctor recommended that I try Pilates and I'm glad that PRO had Pilates classes for me to try. Because the price of the classes is affordable, I can take two classes a week which is perfect for me.

~Linda



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