

*"In the last two years, my health issues caused me to lead a more sedentary lifestyle. Prior to this, I used to do interval training and led an active lifestyle. After taking two years off of any major exercise, I was reluctant to start again. Pilates has given me a new lease on life! This year I also began to golf after taking many years off. At the start of this season, I could hit the ball 100 yards. After two months of Pilates twice a week, I'm hitting the ball double that - 200 yards. I'm thrilled with the strength, flexibility and balance Pilates has given me. Mary and Bernie are patient and knowledgeable teachers. The Living Well Pilates studio is a very relaxed environment where individuals of all levels can feel comfortable. During classes, you are able to work at your own pace, at your own level. Mary is there to ensure you're comfortable with what you're doing, and if you need more of a challenge, she's there to guide you through it. I would strongly recommend Pilates, and give full kudos to Mary and Bernie for leading such a wonderful Pilates facility." S.K.*

***I have attended Mary German's Pilates studio for about four years, my husband Dan and I have attended group classes and have had private sessions. We've found Mary to be extremely knowledgeable, adapting each exercise to suit the individual. Mary uses visualization techniques that enable you to focus on and isolate the muscle groups being exercised. She is always available to answer questions and help deal with individual issues and chronic problems. The results are numerous: we have become fit, our muscles toned and strengthened, our postures improved, more flexible, our range of motion increased; best of all we have more energy. Another benefit is that we have acquired a set of simple toning and strengthening exercises we can do at home and in our RV when travelling.***

***Thank you Mary. Ginny de V.***