

# Pilates Studio Instructor Manual



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### **Pure pilates instructors**

Amy FischerAmy is the founder of Pure Pilates and Total Body Rehabilitation, Inc. She is a California licensed physical therapist and a degree in Biology.

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Pilates with a certified instructor improves your mental and physical well-being. Increases flexibility, and strengthens muscles. Core strengthening of musculature.

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A Pilates instructor for more than Integrative Manual Therapy, Applied Kinesiology with extensive experience working in a Pilates studio and physical therapy

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She established the first Pilates studio for restorative health and Marcia completed her instructor training  
'The information in the manual was

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### **Instructors | welcome to emergy pilates studio**

2012 Mastery Certification in Manual Therapy she was introduced to pilates and the Pilates Moves studio by her sister in 2001. Pilates Instructor.

### **Staff | pensacola pilates by pilates core training**

Her Pilates instructor a Pilates Primer and Barbara Bruni s and Beyond Comprehensive Training Manual. Beth earned both her Pilates Mat and Pilates Studio

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Pilates is a physical fitness system developed in the early 20th century by the Greek German-born Joseph Pilates. It is especially practiced in the United States

### **Instructors | piercy pilates site**

INSTRUCTORS. Kathleen Piercy is a Registered Physical Therapist and Certified Pilates Instructor with over 20 years of experience in rehabilitation.

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### **Pilates studio 500 | our instructors**

Our Instructors Nicola Phelan. Pilates Studio 500 is owned by Nicola Phelan who is originally from Ireland and moved to the USA in 2008. She is certified in the

### **Excel pilates dc :: instructors**

Instructors. Lesa McLaughlin a 5,000 square foot Pilates Studio in Washington, DC. In 2002 she opened a satellite studio in Annapolis, MD. and training manual.

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