

Pilates Center

**MONTCLAIR PHYSICAL
THERAPY & WELLNESS**

is more than just a gym.

*Our unique facility
integrates the most
important elements of
health, strength, and fitness
under one roof. We're your
one-stop wellness center.*

PHYSICAL THERAPY

STATE-OF-THE-ART GYM

PILATES EQUIPMENT

PILATES MAT CLASSES

PERSONAL TRAINING

MASSAGE THERAPY

ACUPUNCTURE

NUTRITION CONSULTING

SAUNAS AND SHOWERS

FULL LOCKER ROOMS

510-339-2116

6125 Medau Place

www.montclairpt.com

HOURS:

Mon - Fri: 5:00am - 9:00pm

Sat & Sun: 7:00am - 5:00pm

**VALIDATED PARKING
at Montclair Garage**



*"Personal strength comes from within.
My mission is to give others a hand in
maintaining a healthy body through
each stage of life."*

Barbara

Barbara Hoffer turned to Pilates in 1997, when the corporate management training career she loved left her body a "wreck" due to constant travel and undue stress. "Because I understand personally the negative side effects of a stressful and sometimes sedentary life," says Hoffer, "I am better able to show people how Pilates helps us move more efficiently every day. Pilates is more like a dance, flowing from movement to movement, just like our lives. I love to push others through compassion and a helping hand past places where they may be stuck and toward movement beyond where they might not have gone on their own."

Certified as a Massage Therapist and Hatha Yoga Instructor since 1981, Barbara completed Pilates Instructor Certification from The Physical Mind Institute of NYC. A Certified Golf Conditioning Specialist and playful golfer, she's also a Certified Post Op Exercise Specialist who works with breast cancer survivors. She loves to "help others gain and maintain a healthier body at each stage of life."

A resident of Montclair and native Texan, Barbara and her partner, Matthew, have one cat, Esmeralda, and son, Jonathan, who is a graduating Senior at Willamette University.

Relevant Education

- Pilates Instructor Certification – The Physical Mind Institute, New York
- Certified Golf Conditioning Specialist
- Certified Post-Op Exercise Specialist
- Certified Massage Therapist
- Certified Hatha Yoga Instructor

For class info or to sign up for a private session, stop by the front desk or call us.