

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**



"Pilates training increases circulation and lung capacity; promotes muscle strength, balance and flexibility; improves joint health and provides a relaxing, focusing mental tune-up too—helping us feel more graceful and resilient in handling the challenges of daily life."

Kathleen

Having served the community at various desks and at the wheel of the bookmobile during her two decades at San Francisco Public Library, Kathleen understands the toll that chair-based pursuits can take on the body.

Although active in competitive swimming, horseback riding, running, hiking and martial arts in her early years, Kathleen devoted herself to reading and writing after her public library hours throughout her thirties and forties, until her declining muscle tone and posture resulted in a neck injury and chronic pain. At this point, she discovered Pilates and used it to restore health and balance to her life, becoming a certified Pilates teacher in the process.

"No matter how much we believe in and love what we're doing, repetitive stress and other chronic health problems may begin to intrude on our enjoyment of life—unless we take action!

Fortunately, Joseph Pilates literally wrote the book, *Return to Life*, invented several ingenious "Pilates Machines," and developed a repertoire of intelligent exercises designed to lead us to a freer, fuller, more joyously active life."

Now that she has retired from the Library, Kathleen dedicates her time to teaching the Pilates Method. She is fully certified by Body Arts and Science International (BASI), and is proud to be teaching with her fine colleagues at Montclair Physical Therapy & Wellness Pilates Center.

Relevant Education

- Comprehensive Pilates Teacher Training Certification, Body Arts and Sciences International (BASI)
- Pre-natal/Post-Partum Pilates Certification, Center for Women's Fitness. Taught by Carolyne Anthony at BASI
- Three semesters of course work in Pilates for Rehabilitation, muscle strength testing and Janda technique. Taught by Lizz Roman at Ellie Herman Studios (now EHS) in San Francisco
- Continuing Education workshops through Balanced Body University, Pilates Method Alliance, United Pilates Collective and others

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