



Jennifer describes the basic benefits of Pilates as strengthening the abdominals and back, flexibility enhancement, and posture alignment. While Pilates will enhance athleticism, Jennifer affirms that it can also heal, rehabilitate, and promote longevity. Her clients range in age from 14 to 90. She treats chronic injuries and illnesses, as well as fibromyalgia, arthritis, cancer, and scoliosis. Jennifer views Pilates as a means to reach her goal to help people "from head to toe, and inside and out". She sees and hears the individual, providing a completely individualized and

personal fitness and wellness program. Fitness and wellness results are lasting because of the emphasis of the mind-body connection that Jennifer nurtures and cultivates in each individual – you can take your wisdom and changes with you, in your body, with your awareness.

Offering 12 years in the fitness industry, as well as an impressive educational background; a Bachelor degree in Psychology, a Masters degree in Holistic Nutrition, and current enrollment in a Doctoral program in Natural Health, Jennifer's practice provides the whole picture. Pilates can be a life changing process; from the purely practical benefits of enhanced flexibility, longer and leaner muscles, postural alignment, injury prevention and abdominal strength to the most specific and intensive needs, like post-injury rehabilitation and increased athletic performance; Jennifer's clientele runs the gamut.

Stepping into Jennifer's studio and into the presence of these complex spring-loaded contraptions is awe-inspiring, yet not at all intimidating because Jennifer's presence and guidance. Jennifer is a consummate professional, aimed completely at meeting each individual's needs, from gentle strengthening and stretching and fitness management all the way to negotiating and training torn rotator cuffs, hip/shoulder/knee replacements, to training weekend warriors and competitive athletes, you will receive the best in care and direction with Jennifer.

I would have to add, I am a Pilates and fitness devotee. Having relocated here from the Outdoor and Active Sports epicenter, Boulder, CO., with one of the most acclaimed Sports Medicine Center's in the country. I was a hard sell to find anything that compared to the sports training, rehabilitation, and Pilates I was accustomed to in Boulder. After researching my options, it was obvious to choose Jennifer and I have never looked back. Her work is transformational. Her training is world-class. Whatever your goals are, find your best results with Jennifer.

Jennifer Geralli, MS STOTT/NASM/AFAA/MAT Certified

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