

About the Instructor

Terry Harris

Romana's Pilates Certified

Dedicated to the teachings of Joseph H. Pilates



*Member – Pilates Method Alliance
Member – The Art & Science of Contrology*

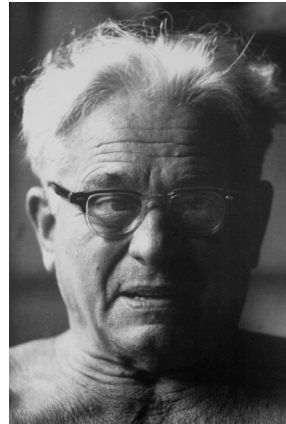
*A*lways interested in exercise and fitness, Terry discovered Pilates in 2002 and soon became hooked. Taking advantage of an early retirement option from Illinois Department of Transportation in 2003, she underwent a vigorous 700+ hours training program and received her Romana's Pilates level 5 instructor certification in 2005.

In 2006 Terry opened **The Pilates Studio of Springfield** which was the only "Romana's Pilates" certified studio in central Illinois. After successfully operating this studio as owner/founder for 6 years she sold her studio and with her husband relocated to "paradise" – hence "Pilates in Paradise Naples."

Terry continues to avail herself of Continuing Professional Education and study with Joseph Pilates' chosen heir and protégé, Romana Kryzanowska and her daughter Sari Meijia Santos.

Romana Kryzanowska is one of the pre-eminent disciples of Joseph and Clara Pilates. She trained under them and worked at their studio in New York. Following the death of Joseph Pilates and Clara's retirement, Romana was hand-picked by Clara to become the director of The Pilates Studio in the early 1970s. Her approach to Pilates exercise remains pure to the classical teachings of her mentor.

Joseph Pilates

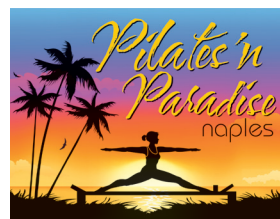


Joseph H. Pilates, born in Germany in 1880, developed a comprehensive system of over 500 exercises that work all the muscles in the body. All movements initiate from the "Powerhouse" (the core), the abdomen, lower back and buttocks.

The controlled movements in this system work the muscles in a lengthened, no-weight bearing position. Pilates prefers quality over quantity, performing no more than 10 reps of a given exercise. Focusing on control and precision, this unique system of body conditioning provides a more efficient workout by utilizing several muscle groups at the same time. In addition to greater strength, flexibility and control, Pilates' method is known for developing long, lean and strong muscles.

"Physical fitness is the first requisite of happiness. In order to achieve happiness, it is imperative to gain mastery of your body. If at the age of 30 you are stiff and out of shape, you are old. If at 60 you are supple and strong then you are young."

—Joseph H. Pilates

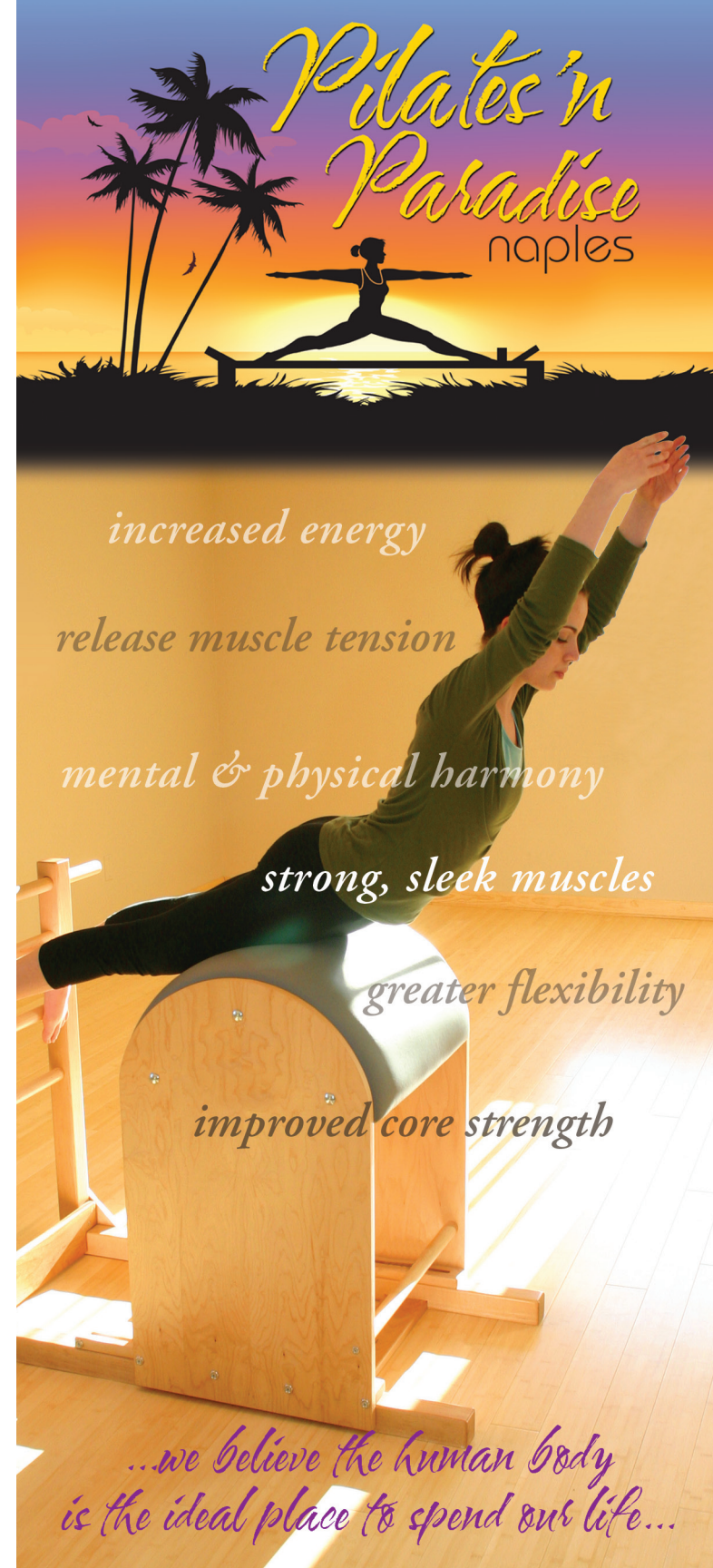


Pilates 'n Paradise | Naples

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www.pilatesinnaples.com



increased energy

release muscle tension

mental & physical harmony

strong, sleek muscles

greater flexibility

improved core strength

*...we believe the human body
is the ideal place to spend our life...*

Pilates Personal Training

Pilates personal training offers individual one-on-one attention and instruction with specialized Pilates equipment.

- Each 55-minute lesson is tailored specifically for the individual based on age, ability and goals (including young, old or sedentary).
- There are over 500 exercises that can be modified to create a gentle lesson for clients recovering from an injury, to a challenging lesson for professional athletes or dancers.
- The benefits of Pilates reach well beyond the time spent in the studio by directly affecting how you use your body in daily life.
- Private lessons consist of both apparatus and mat work. The mat work develops into a solid home-practice routine.
- My objective is to help you to safely reach your goals in an engaging, energizing and challenging manner.
- Pilates require time and practice. It is an investment in your long-term health and overall well-being. You will feel the difference in just a few sessions.
- Pilates is more than just exercise – *it is a lifetime of true fitness.*



Mat vs. Equipment

Each approach complements the other, and ideally, a program should include both.

On the mat, the body's own strength is used to provide the resistance necessary to perform the exercises. It is a comprehensive and extremely effective full-body workout. In a group setting, all students complete the same set of exercises simultaneously. All participants are encouraged to listen to their own body and to modify each movement to match their own ability level.

Joseph Pilates designed specialized equipment with spring resistance to assist people in performing movements they may not otherwise be able to do on their own. It is used as a tool to help you achieve perfect form and thus progress more quickly. Equipment work is done under the guidance of a trained instructor who focuses solely on your form and technique.

Personalized instruction better addresses the specific needs of each person, and the knowledge gained in these sessions significantly enhance progress in mat exercise.

Lessons Available

PRIVATE LESSONS

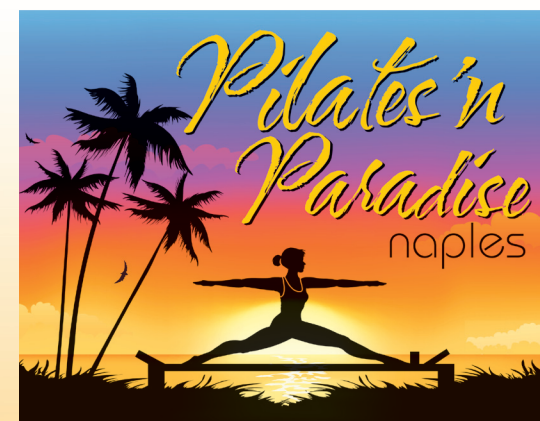
55-minute one-on-one lesson which consists of both apparatus and mat work. Workout is designed around the goals of each client utilizing the Reformer, Cadillac (Table), Wunda Chair and Ladder Barrel.

SEMI-PRIVATE LESSONS

55-minute lesson with two to three clients at the same time. Workout consists of both apparatus and mat work utilizing the same equipment as in private instruction.

Try to make personal instruction a part of your program whenever you can, no matter how advanced and independent you become in your Pilates training. Periodic private sessions serve as "cleanups" to ensure that you're continuing to get the most from your Pilates program.

Don't be surprised if your instructor uses her hands to move you into the correct positions or guide you through the Pilates movements. Let your instructor know what kind of hands-on guidance works best for you.



Hours are Monday thru Saturday
by appointment

To schedule an appointment or for pricing:

Call: 239-641-3100

Email: tlh4355@comcast.net

Gift Certificates Available

*"You will feel better in 10 sessions, look better in 20 sessions,
and have a completely new body in 30 sessions."*

—Joseph H. Pilates