

Authentic Pilates Comes to Coral Springs

By Linda McFarlane

Looking for an exercise program that engages you, leaves you feeling refreshed and alert with a feeling of physical and mental well being? Authentic Pilates™ will do all this and more. Catherine MacAskill, owner of Pilates South Inc, is proud to own the *only* local studio offering Authentic Pilates™ in Broward County west of I-95. Pilates South Inc, located at 8222 Wiles Rd., in Riverside Square celebrated its Grand Opening on November 20th and offers private and semi-private instructions, mat classes and tower classes. Pilates can also be integrated into rehabilitative exercise and physical therapy programs designed to speed recovery of soft tissue injuries. Coral Springs resident Barbara Nagell suffered a work related injury and could not work for a year. She has been doing Pilates since September and since has resumed normal activities. Leslie DeMarco, a Plantation resident, willingly travels to Coral Springs for mat classes at Pilates South. "I've lost 2 1/2 inches off of my hips and went from a size 10 to a size 8", stated DeMarco.



Who wouldn't drive for those results? Pilates is a non-weight bearing, non-impact, full body exercise system; a physical training regimen based on what the body is designed to do—*be in motion*. Some of the benefits of Pilates include improved body alignment, posture balance and coordination, increased flexibility, strength and control, development of long, lean and toned muscles without bulk, relief of stress and tension, increased lung capacity, relief of chronic back and neck pain and increased stamina for everyday activities. So stop in Pilates South, and begin your "post-holiday" fitness quest. Call 954-575-0019 for more info.

Left: Catherine MacAskill with student Steven Browmer; Right: Catherine MacAskill with Debra James, owner of Debra James Women's Clothing