Instructors:
Our instructors possess certifications from nationally accredited Pilates programs. Contact any instructor listed below to schedule your first lesson!

Sara Randazzo, PTA
(734) 904-9592 or solefullofrhythm@me.com
STOTT® Pilates Certified Instructor
Licensed Physical Therapist Assistant
Sara enjoys integrating her knowledge of dance with her Pilates and physical therapy education to provide a unique learning experience for her clients.

Sharon Ostalecki, Ph.D., PMA-CPT, CIHC
248-345-2933 or sharonmary22@gmail.com
STOTT® Pilates Certified Instructor
ACSM/ACS Certified Cancer Exercise Trainer
Balance Barre Instructor
Sharon is trained in post-rehabilitation Pilates. Her goal is to help clients with fibromyalgia, chronic pain and breast cancer rehabilitation.

Lynnette Rasmussen, OTRL
(734)232-1208 or lraz@umich.edu
Licensed Occupational Therapist
PMA-National certified Pilates Trainer
BioCored CorrectiveX™ Master Trainer
CoreBarre Certified Instructor
Lynnette’s passion is integrating her 38 years of occupational therapy expertise in challenging clients to be strong and fit in spite of any physical challenges, and reach to their goals to stay young and fit. Lynnette integrates both Pilates and BioCored in her movement practice.
What is PILATES?

PILATES is a highly effective way to shape up, slim down and feel great. It’s a contemporary approach to the mind-body exercise German athlete Joseph Pilates developed in the 1920’s. An emphasis on movement quality, posture and breathing makes Pilates a safe, challenging and revitalizing workout.

Our highly qualified instructors make an effort to accommodate those with physical limitations through modifications of the movements while maintaining an effective and safe workout.

Benefits Of PILATES:
- Greater mind-body awareness
- Increased abdominal and back (core) strength
- Improved flexibility, mobility and decreased stiffness
- Improved posture and alignment
- Improved muscular balance
- Longer and leaner muscles
- Improved circulation

Whether you’re finishing physical therapy or in great shape, Pilates is an excellent way to achieve and maintain optimal fitness and well-being.

Class Information:

Beginner: A class focusing on the foundational principles and exercises of Pilates. For participants with little to no Pilates experience.

Advanced Beginner: Ideal for the participant has a basic understanding of the foundational principles and knows how to modify most exercises to fit their body.

Intermediate: A class designed for the student who has been practicing Pilates consistently for a year or more. Conducted at a faster pace with more challenging exercises.

Reformer: Use of a Reformer machine to work against spring resistance, adding a strength training component to traditional Pilates movements.

Gentle Pilates: A class designed for individuals with increased sensitivity and reduced motion and function. This class is fibromyalgia, cancer survivor & osteoporosis friendly. All new participants must be screened by the instructor before registration. Contact the instructor, Sharon Ostalecki to arrange your screening. Registration is limited to 6 participants.

#All classes are 55 minutes in duration.

How do I get started?

In an effort to meet your individual needs and goals, we require at least 1 private lesson before entering any class. An initial private lesson and or is available at an introductory price of $50 (normally $70). To schedule your private and or screening contact one of our instructors. See the back of the brochure for instructor information. Again, you must take a private lesson before entering any of the classes unless previously cleared to participating.

When are the classes offered?

Pilates Mat & Reformer classes are offered Monday through Friday at various times of the year. They will typically be held for 14-15 weeks depending upon the semester. Most classes are held at morning and evening hours at our 2 studios located at 325 East Eisenhower Parkway in Ann Arbor, MI.

Our department partners with U of M’s MHealthy Department to provide registration services. Please visit MHealthy’s website for more information on class days and times.

Visit the MHealthy website:
www.hr.umich.edu/mhealthy/programs/activity/classes

Phone: 734-647-7888

Reformer Equipment

MHealthy Class Policy Website:
www.hr.umich.edu/mhealthy/programs/activity/classes/policies.html