Scheduling Policy
Thank you for your interest in our Pilates Program. Please note that services are limited by the number of clients enrolled at any one time and will be offered on a first come, first serve basis.

Cancellation Policy
Our priority is to assist you in achieving your health and fitness goals. In an effort to accomplish this, we ask that you keep your scheduled appointments. If you need to cancel, the customary 24 hour notice is required. Same-day cancellations will result in the entire fee being retained. Should you arrive more than 20 minutes late for an appointment, the remainder of your time will be forfeited and the entire fee will be retained.

Refunds & Credit Policy
In the case of severe injury or emergency, full or partial refunds may be issued. A doctor’s note must accompany a written request for refund. Credit may be given for all participants who wish to return to Pilates at a later date due to these circumstances.

Prices are subject to change at any time without notice.
Intelligent Exercise. Profound Results.

What is Pilates?
Pilates is a highly effective way to shape up, slim down and feel great. An emphasis on movement quality, posture and breathing makes Pilates a safe, challenging and revitalizing workout.

What is BioCored™?
BioCored™ is a system of bungee cords and suspension exercises that assists muscle activation. The exercises employ strategies to enhance joint mobility, core stability, balance and coordination. BioCored™ will challenge your neural, visual, vestibular and cognitive connections and body awareness.

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
solefullofrhythm@me.com
STOTT® Pilates Certified Instructor
Certified Physical Therapy 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
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
lraz@umich.edu
Registered 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.

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 strength
• Improved flexibility, mobility and decreased stiffness
• Improved posture and alignment
• Improved muscular balance
• Longer and leaner muscles

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

Fees
Introductory Rate: $50 for your first lesson.

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<th>Private Lessons</th>
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For more information on Pilates classes and other fitness programs
pmr.med.umich.edu/transitions