



Strong Spine Reformer at The Corner Studio

Saturdays at 10am and Mondays at 7pm
\$35 per class or \$310 for a ten pack

The Strong Spine Reformer class is a specialized style of Pilates training designed for people with chronic back issues and those who need modified options for their specific injuries and conditions. Students will strengthen their core in the most functional and safe positions for their bodies; creating stability and strength that will support them in all areas of their lives. With regular practice, you will learn to understand and work with your body, gain strength, and see a decrease in pain and fatigue.

Classes are taught by Amy Kingwill, a Certified BASI Pilates instructor who worked at Core Pilates and PT under the direction of Julie Schotland-Cox, MSPT. While working at Core Amy saw the incredible benefit of this training, and was inspired to keep it available to those who need it most. We'll have fun, learn a lot, and you'll leave feeling great and able to conquer your day. Come join us!

The Corner Studio
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