



Pre & Postnatal Fitness

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Erika Bloom Pilates Plus

This Pilates studio is a gem! I (Kimberly) attended a Pilates Mat group class taught by Leslie Dorst. It was amazing. The classes are kept small (no more than six people at a time) so that the instructor can customize the workout. Leslie was extremely encouraging as she corrected my (admittedly not so great) alignment and breathing. I walked away feeling like I had just left the spa...centered and relaxed. (I have NEVER felt that way leaving an exercise class before.)

Earlier, when I had walked into the studio, I was instantly impressed by the clean, peaceful environment. The (very beautiful) staffs, including Erika, were friendly and unpretentious. In addition to the group class area, the studio has an apparatus section where they do private training. I must say that the machines look like torture devices but the clients seemed to be enjoying their workouts.

Classes of note include "Mommy and Me" and "Pre-Natal" classes. They also offer "Baby Makes Two" private sessions where mom works out while babysitting is provided.

In addition to offering private sessions and group classes, they have an in-house boutique which offers clothing; organic skin, body and spa items; and fitness accessories and props.

Location:

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