Sharon is a PMA Certified Pilates Instructor, Balanced Barre Certified Instructor and ACSM Cancer Exercise Trainer. She specializes in working with people who suffer from chronic pain, fatigue, stress, osteoporosis, and cancer. She has 16 years of experience as a clinical nutritionist and integrative health and wellness coach. She is also the foremost developer of Pilates programs for individuals with fibromyalgia. Because of her broad background, she is able to bring a creative approach to Pilates that better benefits the individual person.

New Class Offering!
Breast Cancer Survivor Pilates Class

INFORMATION
Course details:
Thursday 2:00 - 3:00pm
Starts: September 10, 2015
Location: UMHS PM&R Department, Pilates and Movement Studio, Suite 11
325 East Eisenhower, Price:
$355.00 (14 weeks)
- Class is limited to 6 participants

This new Breast Cancer Survivor Pilates Class will encompass almost all aspects of Pilates, from mat, to reformer, to BioCored. It is already well-known that Pilates can promote a greater mind-body awareness, increased overall strength and flexibility, improved posture and alignment, and increasing energy levels. However, Pilates has also been shown to help restore one to their previous functioning levels following breast cancer surgery. Research has shown that pilates helps to reduce stress & anxiety, regain strength and mobility in the affected surgery, and can aid in recovery of both the mind and the body following surgery.

CONTACT INFORMATION
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