

Pilates Central really works wonders for all ages

Jerry, from Suffern, has been taking Pilates every since having spinal fusion surgery.

"My back surgeon can't believe how good I'm doing," he told us. "I'm so flexible and I've got no pain."

Jerry goes to the spacious Pilates Central (53 Hudson Avenue, Nyack – 358-1166) every week.

"It's been a huge success for me."

Debbie, from Monsey, just wanted to lose weight and get firmed up.

"A friend of mine suddenly started looking fabulous – and taller. I asked her what she'd done. And I started coming here. Now I'm hooked on it."

Tess feels that as you get older it's a necessity to stay in shape. "I'm a senior citizen so it's important to keep your body strong. Pilates Central is the best program I've ever found."

As we quickly discovered, people of all ages just love Scott Cantor's Pilates Central. It's only been open less than a year, and it's already attracting people from all over the county.

Right now they've got an excellent fall special – mat classes or machine classes, for only \$199.

"That includes two one-on-one sessions with a certified professional instructor," Scott adds. "So you can get a handle on what it's like to do Pilates."

"Our classes are relatively small with only four or six clients at a time. And we're rocking!"

The Pilates system (pronounced "pi-lah-tez") is the hottest thing in the fitness world these days and Pilates Central has a state-of-the-art setup, including the challenging gyrotronic machine, the only one in the county.

Scott will structure your Pilates course just for you, with the aim of getting you back in perfect health.



Instructor Christina Huber keeps a close eye on a client.

"We get a lot of people with back pain or knee injuries or shoulder problems who are no longer able to play tennis or run."

"We work with clients from age nine to eighty-something and have had great success."

Scott gets a lot of people with back pain or knee injuries or shoulder problems who can no longer pursue the sports they used

to enjoy.

But his Pilates program gets them back on the road to health. Scott attributes his success to his wonderful team. "I have some of the best instructors in the area, mostly women," he said.

For more information give Pilates Central a call, or visit their website, pilatescentralnyack.com.



Instructor Jennifer Kent Attebery demonstrates an exercise.



Owner Scott Cantor supervises an exercise program.