



The owner, Jill, discovered the benefits of Pilates while rehabbing a sports injury. Not only did it eliminate her 24/7 pain and helped her to avoid surgery, it greatly improved her body, toning and strengthening it as nothing else had. Still working in a full-time corporate job, she completed her comprehensive training and opened the studio in 2005, naming it Every Body's Pilates because she was often told that "I can't do Pilates because I am ... a man / injured / old / inflexible / have physical limitations / not a dancer, not rich, etc." Her answer has always been "Pilates is for every body!"

And then, quite simply, Pilates saved her life.

Just three years after opening her studio, Jill was hit by a car and survived thanks to the fitness she had achieved from Pilates! Her numerous fractures were so severe that surgeons said it was "medically reportable" that she even made it to the hospital alive. The doctors didn't really expect that she would survive, let alone walk again and agreed that her Pilates body

was the key to her survival and ability to make it through multiple surgeries, months of hospitalization and years of rehab. She is truly living proof of the profound benefits of Pilates. And so are the rest of the EBP team, most of whom became teachers because Pilates and fitness helped them with their own painful conditions from work related injuries, pregnancy and chronic illnesses. So just think about what it can do for you as you sit at your computer, swing a golf club, pick up your kids all the everyday things that you want to enjoy that could be done more efficiently and with less pain through Pilates.

Jill and all EBP instructors truly believe in the power of Pilates for "every" body, as it offers all the main components of physical fitness: strength, flexibility, endurance, balance and some cardio. To really complete the fitness mix and accommodate clients' requests for even more cardio options, the group exercise room was added to offer zumba, barre and yoga to better serve all the needs of our happy clients ranging from 11 - 97 years young, couch potatoes to elite athletes and everyone in between.