



Personalized Pilates Reformer Training

(Members Only)

\$50/hr individual session

\$40/hr for 10 individual sessions

Duet session \$30/hr per person

10 duet sessions \$25/hr per person

Benefits of Personalized Training:

*Improve Core strength, posture, tone; increase energy levels,
flexibility, balance, coordination, injury prevention*

Get the exact workout you desire at a pace that is fit for you!

Sessions facilitated by: Candy Beers, M.S., DTR

Candy is certified in Pilates through Powerhouse Pilates and is a registered dance/movement therapist with the American Dance Therapy Association. Her interest in dance led her to Pilates and the study of human movement. Candy brings with her an eye for alignment and a focus on initiation of movement. She is fascinated by the body/mind connection and continues to study through reading and attending continuing education workshops. She enjoys motivating individuals towards their goals and offers a safe and encouraging environment. Candy brings with her knowledge of physical movement in relation to cognitive and emotional health and believes Pilates aids in wellness of the whole person.

Candy has a B.A. in psychology from the Pennsylvania State University and a M.S. in dance/movement therapy from Pratt Institute. While at Pratt, Candy studied Laban Movement Analysis, Authentic Movement, and Kestenberg Movement Profile. Candy is currently developing a curriculum for Prenatal Pilates.

When Candy is not teaching, she enjoys practicing yoga and dancing. She is very excited to be a part of JCC and looks forward to seeing you in class!

Schedule an appointment today!

814-360-8354

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