

Gloria Rodriguez

Client Highlight

The start of my new beginning was the day I called Studio Z Pilates, and booked my first session with Shelley. I was at my heaviest weight when I began, and now there's no looking back. I knew this was something I could do. Within two and a half months I lost twenty- three pounds. Now reaching one hundred sessions I am down from a size twenty to a size fourteen, and counting. Getting rid of my old clothes was a milestone of my journey. The results I have seen from Pilates keeps me driven and motivated to work harder. I have increased my core strength, my energy and endurance. Feeling the healthiest and strongest ever. I wake up looking forward to class. I love the results I have worked hard for. It keeps me dedicated and wanting more. Following strict diets was always a struggle for me. Through Pilates I have learned to be more disciplined. I am still able to eat the foods I enjoy, all in moderation. Pilates has helped me in many ways. My posture has improved, my back pain has gone away, and I now sleep through the night waking up more rested. My goal is to be healthy and to stay healthy. When people ask what it is I am doing I tell everyone Studio Z Pilates. It is my home away from home. The beauty of Pilates is anyone at any weight, at any age can do this. Every instructor here is so welcoming and dedicated to helping their students achieve their goals. I would like to thank Shelley for helping me get to where I am, for supporting me and for being so motivating day in and day out.

Thank You Studio Z Pilates

With Love, Gloria