

Magdalena Pettey

Pilates

Magda has been teaching all Pilates equipment and mat since 2011. After working in various fields, Magdalena Pettey decided to shift gears and take her love for practicing Pilates to the next level. She became certified with Power Pilates®, Comprehensive Program. It is a Classical Pilates Complete Apparatus Program-utilizing all Pilates apparatus: Mat, Reformer, Cadillac, Chair, Barrels, Ped-o-Pull and Magic Circle as well as working with special case clients.

She has always been an active person and is a firm believer in fitness and a healthy lifestyle. From the first time trying Pilates she found that the results were unmatched. Magda is committed to helping others experience the benefits of Pilates because she is passionate that it will enhance the quality of their lives as well. She is continually inspired by the transformation she witnesses in her clients. Taking from Joe Pilates “movement heals,” Magda always tells her clients “never stop moving.”

