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2008

Presents the **Best of**
Citysearch[®]
Top 10

Spring Pilates & Yoga



Best of Yoga Specialty: Pilates

Review Highlights - "I highly, highly recommend Spring Pilates. The trainers are incredible; the space is really open and relaxed, and they have all the necessary equipment to get your body in shape." "They are meticulous about making sure workouts are specific to one's personal needs, even in their group classes. They are extremely encouraging while still pushing you to go just a bit further." "Highly professional. . . . If you are looking for a stimulating and challenging way to strengthen your core muscles, this is the place. If you are new to Pilates, take the introductory lessons with Izabel, the owner; she is awesome. I like the online schedule, as well - you can sign up with a few clicks."

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