



# Southtowns

PHYSICAL THERAPY GROUP, P.C.  
*Center for Orthopedic and Spine Rehabilitation*



## SOUTHTOWNS PHYSICAL THERAPY IS NOW OFFERING PILATES CLASSES



- ◆ INCREASE STRENGTH
- ◆ INCREASE FLEXIBILITY
- ◆ IMPROVE POSTURE
- ◆ DECREASE LOW BACK PAIN

### Overview:

Pilates is a group of exercises focusing on core stabilization, stretching, and posture correction. Pilates can accommodate a variety of clients at any age and of any experience level. Our focus is to provide each client with one on one attention during each class to maximize the benefits and results. Therefore, our classes will consist of only 5–7 people per class.

### Class Details:

Pilates classes are now being formed and will run in 10 week sessions. Classes will be held on Wednesday evenings at our West Seneca location. The price is \$15/class (\$150 for a 10 week session).

For more information, please call Cheryl Zielinski at 983-9522 or email [cherylz44@yahoo.com](mailto:cherylz44@yahoo.com).

### ***Instructor Background***

Cheryl Zielinski has nearly seven years of experience as a Physical Therapist in an out-patient orthopedic setting. She graduated from D'Youville College earning her Master's degree in Physical Therapy.

Cheryl is a certified Pilates instructor educated through PHI Pilates in Pittsburgh, PA. She is currently using Pilates in her treatment approaches with her patients and is looking forward to offering it to the general public.

### Contact Us:

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