

Pilates Central and Twist Pilates are proud to join The Pink Ribbon Program, a post-operative workout enhancing recovery. We look forward to helping women recovering from breast surgery and aid in their overall quality of life.

At **Pilates Central** we have three physical therapists on staff including Pilates Central's owner Donna Parise Byrne PT, OSC, PRC. Donna is a certified Pilates instructor in rehab-based Pilates as well as a certified orthopedic specialist. Donna specializes in treating arthritis, neck and low back pain, sacroiliac dysfunction and musculoskeletal dysfunction, as well as prenatal and postpartum musculoskeletal disorders. Her approach to physical therapy is unique; combining orthopedic manual therapy with Pilates based exercise utilizing Pilates equipment. She is also certified through the Postural Restoration Institute or PRI. Only 80 therapists have earned the designation of Postural Restoration Certified (PRC) under the direction of Ron Hruska MPA, PT.

In addition, Pilates Central has 6 certified Pilates instructors on staff and offers small group Pilates Allegro Reformer classes including post rehab, total joint replacement, beginner and advanced levels. Each class is limited to 6 students. Clients receive personal attention in a supportive group environment.

We also offer private and semi-private sessions by appointment. These sessions are offered on the Allegro Reformer, the EXO Chairs and Towers.

Mat Pilates and therapeutic yoga is available in our sister studio Twist Pilates. Owner Elizabeth Hodges has been studying, practicing and teaching Pilates for the past 8 years. She started Twist Pilates & fitness in 2007. As a certified trainer, through Balanced Body University at Body Evolve in Highland Park and Pilates Central in Wilmette, IL, she earned her certification as a **Breast Cancer Exercise Specialist through The Pink Ribbon Program, Inc.** and looks forward to helping women regain mobility and strength. In April 2014, she is pleased to host a Pink Ribbon Program Workshop at Twist Pilates in order to educate and train all the instructors at Pilates Central.

We look forward to working with you and your patients.