

## Pilates Studio Garners Celebrity Physician Endorsement

**P**ilates on Hudson Inc. has been endorsed by nationally recognized physician Dr. Jordan Metzl, sports and dance medicine specialist at the Hospital for Special Surgery in NYC and the author of the bestselling book *The Exercise Cure*. Owned by former ballerina Marilyn Miller, Pilates on Hudson is the only Pilates studio in Westchester with Metzl's endorsement.

Miller, an American Council on Exercise certified personal trainer and a Stott Pilates certified trainer, says she's thrilled by the association with Metzl. "This builds on my experience of doing Pilates for rehabilitation at the Center for Dance Medicine in San Francisco, the first medically based Pilates program in the United States," she says. "Our other trainers, former dancers Martina Enschede and Ashley Smith-Steele, who are certified through the Kane School of Core Integration in New York City, also have experience doing Pilates for sports and dance injury recovery."

Pilates on Hudson, which opened in 2003, is located near the Peekskill waterfront. Its trainers work with clients of all ages, focusing on orthopedic rehabilitation and sports injuries. Its trainers have more than 20 years' experience in dance and 10 years' experience teaching Pilates, Miller says, and they use this knowledge to create customized programs for their clientele.

*Pilates on Hudson is located at 8 John Walsh Blvd. Ste. 428, Peekskill, NY. For more info, visit [PilatesOnHudson.com](http://PilatesOnHudson.com) or call 914.739.1178.*



*Marilyn Miller working with a young dancer*