

The Gazette

Local Pilates studio endorsed by celebrity physician

Pilates on Hudson, Inc. owner Marilyn Miller has announced that her studio has been endorsed by Dr. Jordan Metzl, Sports and Dance Medicine Specialist at the Hospital for Special Surgery in New York City.

Ms. Miller, a former ballerina, says Pilates on Hudson is the only Pilates studio in Westchester endorsed by Dr. Metzl, a nationally recognized physician and author of the best-selling book, "The Exercise Cure."

Ms. Miller, an American Council on Exercise Certified Personal Trainer and a Stott Pilates Certified Pilates Trainer, says she is thrilled to have this association as it builds on her experience of doing Pilates for rehabilitation at the Center for Dance Medicine in San Francisco, Calif., the first medically-based Pilates program in the U.S. "Our other trainers, former dancers Martina Enschede and Ashley Smith-Steele, certified through the Kane School of Core Integration in New York City, also have experience doing Pilates for sports and dance injury recovery," Ms. Miller says.

"We focus on orthopedic post-rehabilitation, youth and adult sports injuries, and working with clients of all ages. Our trainers have over 20 years

of experience in dance and 10 years experience teaching Pilates, and use this knowledge to create customized programs



Marilyn Miller

for their clientele," she adds.

Pilates on Hudson, which opened in 2003, is located at 8 John Walsh Boulevard, Charles Point, Peekskill and can be contacted at 739-1178. For additional information, go on-line to: www.PilateOnHudson.com.