

Pilates sessions starting now!

WITH BARBARA HOON

The Pilates method includes hundreds of exercises, based either on the mat or on special Pilates resistance equipment. It focuses on strengthening the core muscles of the body—those involving the abdomen, buttocks and spine. Crucial to Pilates are six key principles: Centering, Concentration, Control, Precision, Breath and Flow.

When taught correctly, Pilates can result in improved posture, a minimization of back pain, increased strength and flexibility, a sense of control and improved function in sports and daily activities.

The Benefits

Tone & stretch • Improve balance & coordination • Proper body alignment
Stress relief • Longer stronger body • Better posture • Ideal mind/body workout
Sports performance enhancement (golf, tennis, running, etc.)

New Jersey native **Barbara Hoon**, actress, professional dancer, and Pilates instructor, brings a wealth of experience with her that has a unique and healing touch that is unequalled in this era of ubiquitous exercise programs. Julliard graduate, Broadway performer, soap opera and commercial actress, Barbara has learned the importance of practicing Pilates to keep her in top form and injury-free.

From her early days at Julliard, she has pursued the interest in Pilates and has continuously taken instruction from Patrick Strong of New York City, a disciple of the world-renowned Romana Kryzanowska. With such expert tutelage, Barbara has had the desire to help others reap the benefits of Pilates, and she has taught in Los Angeles, New York, Toronto and New Jersey. Despite her illustrious background, Barbara never loses sight of the fact that Pilates can help all people, regardless of their ages or physical conditions. No one is ever intimidated to learn from her. With her gentle, encouraging, and careful approach, she has had results that have eluded other medical establishments. And, the best part is that Barbara's classes are fun!

One-on-one *Private Sessions* with Barbara Hoon are available as well as *Semi-Private Duets* for you and a friend!



In 10 sessions you'll feel better.
In 20 sessions you'll look better.
In 30 sessions you'll have
a whole new body!
-J. Pilates

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