

Maud Hoffman

Pilates Personal Trainer & Instructor



I Can Help You

- Improve your self-esteem & self confidence
- Improve your posture and core stability
- Increase strength and flexibility
- Have fun while exercising

Areas Of Specialty

- Any age and fitness level
- Equipment training for individual attention
- Pilates Reformer Training
- Beginner to Advanced Pilates Training

Emphasis/Philosophy

- Physical fitness can neither be achieved by wishful thinking nor outright purchase (by Pilates).

Qualifications

- Certified in authentic Pilates on Mat and Equipment by the Pilates Guild N.Y.
- Conservatory of Dance, The Hague, Netherlands
- Professional Dancer for 15 years.

Personal Note

- Imagine an exercise you can look forward to, that engages you, and leaves you refreshed and alert with a feeling of physical and mental well being.

Cellular: (727) 504-4236



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