

NOT JUST AN OFFICE IT'S A LIFESTYLE.



PILATES

KATHERINE SHUKHMAN



DEGREE(S):

Body Arts and Science
International - BASI Pilates

CERTIFICATIONS:

PMA- Enhancing Athletic
Performance

Pilates for Injuries &
Pathologies - Ubud, Bali

Innovations in Pilates
Reformer - Ubud, Bali

Unwinding Scoliosis with Pilates

Pre and Post Natal Pilates

Whole Body Reformer

Athletic Reformer

ABOUT:

Katherine fell in love with Pilates 10 years ago after she discovered the amazing effects it had on her mind and body. This discovery inspired Katherine to leave her job in the fashion world to share her passion for Pilates with others. Katherine received her certification from Body Arts and Science International (BASI), and trained under Rael Isacowitz, the creator of BASI.

After completing her certification in Los Angeles, she traveled to Bali to further her knowledge in Injuries and Pathologies as well as restorative stretching techniques. Katherine also holds certifications in enhancing athletic performance, Pilates for scoliosis, and pre/post-natal Pilates. She offers a wide range of expertise for those looking to improve posture, build a strong core, lengthen, and tone.

Katherine uses her creativity and broad range of certifications / knowledge to design Pilates programs based on individual goals and needs.

She is very much looking forward to creating meaningful and lasting relationships with her clients at Century Park.



THE CLUB
at CENTURY PARK