



BUILDING * BETTER * BALANCED * BODIES

Why Pilates?

This clinically proven way of movement will transform how you function not only in class but with day to day activities. Targeted exercise will help you gain control, strength, power and flexibility. As your core gets stronger, your limbs will become long, lean and easy to move.

Starting with the Pilates foundations, we will help you build your body from the inside out. By focusing on the small muscles that support your structure, you are able to work the body from your inner unit muscles then work outward. When the structure is supported, all other movements become effortless!



Contact TERI at:

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519.572.8374

InBalance Pilates Studio

- 100% attention devoted to YOU
- Specializing in Private and Semi-Private Instruction
- Customized plans in a comfortable, private setting
- Fine tuning movement for every level of activity and age
- Use of various Pilates Equipment:
 - *Springboards *Pilates Circles *Weighted Apparatus*
 - *Rotator Discs*Foam Rollers *Stability Equipment
 - *TheraBands etc.....

Teri Demeester *Certified Pilates Instructor & Personal Trainer / Clinical Chiropractic Assistant / Studio Founder*

In 2013 Teri experienced her first issue with debilitating lower back pain. After visiting numerous healthcare practitioners, it was Pilates that let her get back to living life without constant pain. Teri's passion for health encompasses many facets of life and started at a very young age as a competitive dancer. "I've been involved with movement my entire life. Once I set foot in the Pilates studio I knew correct muscle recruitment and educating others was, and is, my life's purpose." Her work at Westheights Chiropractic Clinic, for almost 10 years, focuses on personal wellbeing which has always been a top priority for her and to share that knowledge with others. This is a match made in heaven, Pilates & chiropractic. Chiropractic corrects skeletal alignment and Pilates strengthens the muscles that support our spine and major joints of the body, therefore helping you keep your structure in alignment.

No wonder your Chiropractor and Massage Therapist are referring you!

As a natural born "giver" Teri wants to help as many people as she possibly can, reach their health and fitness goals. Whether you too are dealing with a weak core / lower back pain and need to strengthen those muscles, or are wanting a more thorough workout where long lean muscles are your focus, she can and will help you achieve your goals.

Teri has extensive training as a Certified Pilates Instructor through Body Harmonics, is a Certified Personal Trainer and continues to further educate herself in the study of anatomically correct movement patterns for optimal wellbeing. As of now, she's studying to add Reformer Pilates to her list of accomplishments in order to serve her inBalance members even further. She's always educating herself.

"The changes I've discovered and applied over the years drives me to do what I do. I want others to experience the life changing effects of Pilates and staying inBalance."

Let me help you design your body to be the healthy structure you want it to be! I would be honored to help!



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