

What is Pilates?

“No Matter your age, your physical condition, or your body type, Pilates can work for you!”



Pilates is a system of resistance-based exercises for body conditioning or physical therapy. It will strengthen, lengthen, stretch, balance, tone, relax, and energize you. Focus on breath, quality, and precision of movement is what sets Pilates apart from other exercise programs—minimum repetitions, maximum results.

PC2’s mission is to educate and motivate you along the path to total mind-body wellness in a supportive community with acceptance, care, and laughter.



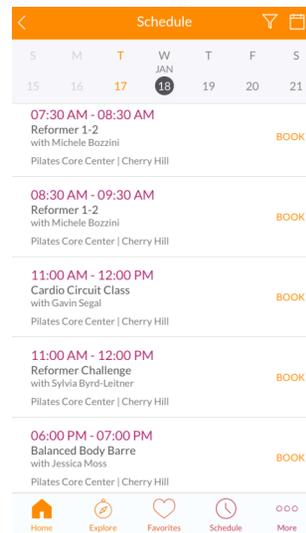
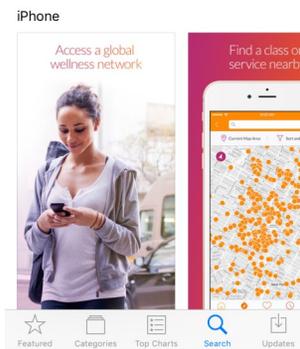
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Find us Online at:
Pilatescorecenter.com

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Pilates
Core Center



Sylvia Byrd-Leitner &
Diane Grossman
Co-Founders



At Pilates Core Center & Dragonfly Yoga

In a community setting or a private session, you will work with quality, certified instructors.

PC2's approach to holistic fitness focuses on building a healthy, injury-free body.

- Learn and Practice specifically balanced exercises designed for total body wellness
- Lengthen and tone muscles
- Acquire flexibility, strength, postural, and skeletal alignment
- Achieve integrated body conditioning by using the low-impact core developing techniques of Joseph Pilates

With full Pilates and Yoga class schedules, Pilates Core Center and Dragonfly Yoga has something for everyone! Visit our state-of-the-art studio, fully equipped, offering group Reformer, Yin Yoga, Cardio Core Align, TRX, and Balanced Body Barre classes just to name a few! Plus we offer a wide array of specialty classes that incorporate dance and movement in a way that will leave you feeling energized, not just while you're here, but everyday! PC2 also provides one-on-one private sessions with our instructors to help focus on your specific needs and personal goals.

Additionally, PC2 incorporates knowledge from all over! We bring in special guest teachers throughout the year including Flossie Park and Madeline Black!

Meet Some of Our 5-STAR Team:



Sylvia Byrd-Leitner,
MFA, RYT, PMA[®] CPT, Co-Founder
and Creative Director, Master Pilates
Teacher, Balanced Body Pilates
Teacher Training Director @ PC2

Martha Gelarden,
BFA, MA, MFA,
Master Pilates Instructor



Jessica Moss,
Master Pilates Instructor,
Balanced Body Teacher Trainer and
Professional Dancer, PMA[®] CPT



Gavin Segal,
Personal Trainer, iHeal
Technique



Michele Bozzini,
PMA[®] CPT, RYT and Master
Pilates Instructor



Ellyn Rebecca
CYT, BSN and MA in Holistic
Spirituality, Yoga Instructor



Olga Kovalyova,
Pilates Instructor, RYT-500,
Neuromuscular Massage Therapist,
Reiki Practitioner



Carole Gorman-Swift,
RYT and Master
Pilates Instructor



Balanced Body Education

Develop your mind, your
body and your career.

“Balanced Body[®] is your partner in mind body fitness. We work with the best educators in Pilates and related disciplines to provide learning opportunities that are stimulating, personal and deeply rooted in the art and science of movement. Learn and grow with programs that develop your mind, your body and your career...Our continuing education workshops, conferences and mentorship programs will help you become a confident, creative and inspiring teacher.”
(<http://www.pilates.com/BBAPP>)

*Get Certified!
Make a
Difference!*



Host Site Training Facility for



We offer professional credits,
customized workshops and
certifications in all Pilates
method formats