

fitness

Spotlight on Member Erin Landsman



Erin Landsman has been a member of the JCC for two years. She has been working with Stacy Burnell on the Pilates Reformer. Erin's goals to strengthen her core, change her posture, tone and reduce stress have successfully been met through her workouts with Stacy on the Reformer.

When asked how Stacy's training differs from other that she has experienced, Erin says:

I look forward to every Pilates class with Stacy! She has a friendly and calming presence. I am a psychotherapist and work with children with special needs. My job is extremely stressful. I know that when I get in the Pilates room I will have a great workout and get my mind to relax. Stacy goes above and beyond any other Pilates instructor I have worked with. She really takes the time to find out what each of her clients' needs are. Unfortunately, I have had several injuries and Stacy makes sure to find out what my limitations are and is able to build a program that will assist me in being able to use my strengths and develop my weaknesses. Stacy makes sure we enjoy our workouts and stays up to date with new and exciting programs. She is constantly working on herself as an instructor to make sure her clients are getting the most out of the Pilates session.

As for her goals being met, Erin says:

It is still a work in progress. I definitely see positive results each week. My posture has improved and my muscles are more toned.

To book an appointment for your FREE Pilates Reformer Demo, please contact Deborah Rothschild at 408.357.744 or deborahr@svjcc.org.

You can learn more about Stacy and our other fabulous Pilates Reformer Instructors by reading their individual biographies in Studio C or by requesting information from Deborah Rothschild!