

# Pilates Fitness & Physical Therapy Center



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## Who We Are

Pilates Fitness & Physical Therapy Center is a private practice that combines traditional physical therapy services with innovative wellness programming. We seek to prevent and manage musculoskeletal pain and to enhance performance using evidence-based research, the highest level technology, and cutting edge orthopedic treatment techniques. We develop lifelong relationships with our patients and clients with the goal being optimum musculoskeletal health. At Pilates Fitness & Physical Therapy Center, our physical therapists are well trained and educated in Pilates, Gyrotonic and Gyrokinesis. We strive to provide unprecedented high quality care in a positive and encouraging environment.



VISIT OUR NEW INTERACTIVE WEBSITE, THAT GIVES YOU MORE INFORMATION ON US. YOU CAN ALSO SCHEDULE A SESSION WITH US . ON THE SITE.

[www.pilatesfitnessevolution.com](http://www.pilatesfitnessevolution.com)



## Our Mission

To prevent and eliminate musculoskeletal pain by restoring the body to its maximum functioning and efficient state.

At Pilates Fitness & Physical Therapy Center, we recognize that our patients and clients are on a journey to achieve a pain-free lifestyle, optimal health and physical well being throughout their lives. We seek to help them progress on this journey. We are passionate about expanding our expertise and constantly developing knowledge of current evidence-based research to assist our patients and clients in achieving their goals. We believe that working together with our patients, referral sources and wellness experts is crucial in preventing injury and enhancing performance.



WE ACCEPT MOST INSURANCE PLANS, INCLUDING BC/BS, PPOM, PPO, AUTO, AND WORKMAN'S COMP.

## SPECIAL POINTS THIS MONTH:

## VISIT OUR NEWLY DESIGNED WEBSITE.

## OUR HOURS:

**MONDAY-FRIDAY**

**8AM-8PM**

**EXTENDED SATURDAY HOURS ALSO AVAILABLE UPON REQUEST.**



**Starting November 1st.**

**We are offering Group equipment classes.**

**Great for beginners or those who want to learn about Pilates.**

**We offer a state of the art facility, and an experienced instructor for these group classes.**

**Classes offered:**

**Tuesday and Thursday Evenings**

**5pm-6pm**

**Call today to reserve your spot!**

**248-552-1012**

Visit us on Facebook <http://www.facebook.com/PilatesFitnessEvolution>

### **CONTINUE YOUR WELLBEING JOURNEY WITH US**

We are offering a discounted rate to patients who complete their treatment from a physician referral. You can utilize our facility to maintain your current level of progress. The gym is open from 9:00 am-5:00 pm Monday through Friday and the cost is far less expensive, then joining a gym. Your therapist will assist you in continuing your journey to achieve a pain-free life style and physical wellbeing.



### **REFERRAL REWARDS PROGRAM**

The biggest compliment we can get is the referral of family, friends and co-workers. Patient satisfaction is our top priority at Pilates Fitness & Physical Therapy Center. Should you refer someone to us, we would like to thank them with a reward. **A one hour free session of Pilates with an instructor.** Patients must make sure our receptionist is informed upon your visit who referred them to our clinic so that we can reward the referring person.



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