



"Emory is a delightful, gracious and knowledgeable teacher. I always feel energized from our workouts."

~ Susan Fisher - English, Theatre Teacher

"Emory is a terrific Pilates instructor. She made me feel very comfortable and worked with my strengths, and helped to improve my weaknesses."

~ Amy Gorton - Publicist

"Emory is very good about explaining the principles behind all the exercises. She has a background in ballet, and was able to help me with the alignment of my feet, and to position my knees better. Pilates has changed my life because I now am very conscious of how I walk and stand so I don't re-injure myself. Emory is very knowledgeable, caring, and wants to help people get a better understanding of their body."

~ Barbara Trelles - Film Editor

"The effort Emory has put towards customizing my workout to deal with my many body issues has been exemplary. She is constantly adjusting my workout as my range of motion and strength is improving."

~ Dana Batten - Electrician



*"It is such a delight to be part of people's good feelings about their lives and their bodies. I give them energy and they give it right back to me."*

*Emory Story*

*Certified Pilates Instructor*

*Classic NY Style*

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*Pilates*

*Alignment  
Control  
Coordination  
Precision  
Flow of Movement  
Dynamics*

*Emory Pilates*