

J.L. Body Conditioning offers the best pilates in North County

J.L. Body Conditioning would like to thank North County residents for their continued support, patronage and their participation in voting us as "Best Pilates Studio in North County". The security in knowing that all teachers at J.L. Body Conditioning are personally certified by Julian Littleford, a gold certified continuing education provider and a corporate member of the Pilates Method Alliance, allows each session to be memorable, safe and result driven.

Littleford has this to say about the studio. "I train instructors, certify and teach many workshops in the States and Mexico and I have to say, without a shadow of a doubt, the teachers at J.L. Body Conditioning are the best."

At J.L. Body Conditioning the teachers' approach, understanding, care and love is an absolute must in the Pilates'

work. They bring a wealth of life experiences and knowledge to the studio. Present teachers at the studio come from various careers (an attorney, nurse practitioner, advertising, PR executive, hairdresser, Royal Academy of Ballet trained dance teacher and professional dancers). These backgrounds and a deep understanding of the Pilates method is what lies as the base for the outstanding quality each client receives at the studio.

A visit to the studio, whether

it be a full Pilates apparatus session, a private or semi private session or a group reformer class will leave you knowing that you are in the hands of true professionals. Take a look at the endorsements on the website;

www.JLbodyconditioning.com and see who has felt comfortable lending their name in support of the studio.

Private and Semi private full apparatus sessions.

Group Reformer and Home Visits are Available.