

What People are saying about CoreFitnessByJana's Pilates classes:

*"I take a lot of Pilates classes, and it's usually all about the teacher! Jana is great at giving instruction, I can be in my own center and mind and move with her cue very fluidly which is the best part about her classes! She usually starts off easy and then takes more difficult approaches as the session goes on by gauging her audience. She's a great teacher and puts a lot of effort into her classes and students!"*

Carlye W., Registered Dietitian

Pilates is kick-ass! It's Thursday and I can still feel my Monday workout- love it! My Pilates class with Jana has me aware of my core all the time now, not just in class. My abs are strong and my posture is great. Jana's down to earth attitude is refreshing and her sculpted physique is inspiring! She leads with a great mix of expertise, encouragement and humor.

Lisa D., Personal Health Coach

*I never considered adding Pilates to my exercise menu because I thought it would involve those wacky machines or just be too difficult. Thanks to Jana, it rocks! I felt results in the first few classes and now I feel much stronger. Jana makes you work hard but also makes it fun...fun?? Never thought I'd say that about exercise...ever..Thanks, Jana!*

Madeleine M., Interior Designer

"Pilates in the park with Jana is just what I have been searching for since I moved to NY 5yrs ago. I love the outdoors, but find it very hard to commit to the gym week after week, so Pilates In The Park is perfect for me. The combination of fresh air, exercise and an instructor who makes sure you are doing the exercises in a way that results in a stronger you (and without injuring yourself) is great. I would like to keep Pilates In The Park all to myself, but Jana is a wonderful instructor and I would love to see more classes so we can all enjoy exercising outdoors and say goodbye to the gym forever! 😊

Jennifer F., Finance

*I have loved Pilates In The Park. It's a wonderful way to start my Saturday's. I have trouble with my posture and don't want to be that hunched-back grandma! After every class, I can tell that my upper back is stronger and I stand taller throughout the week. The class is a great way to mix up the workout routine. I hope that it continues in the winter. I would hate to lose out.*

Mandy F., Wall Streeter