

February 13, 2012

I have been a pilates student under the instruction of Terisha Tatter for the past three years, taking two classes per week. My attendance has been almost perfect other than missing one class due to an emergency with my car. Terisha is such an enthusiastic teacher that I always look forward to my classes. She is very attentive to detail and makes sure you get every part of your body in the correct alignment. The classes are never boring because Terisha is very good at changing her courses around to keep her students enlivened.

The changes that have taken place for me are numerous. My posture and balance have improved greatly. My husband comments on how strong I have gotten in my upper body since there is the added benefit of strength training with pilates. I have lost inches, in my waist particularly. Recently when we went to a neighborhood party the host and hostess commented on how "hot" I was looking these days. That is thanks to Terisha and my work in her pilates classes.

I would highly recommend Terisha as an instructor. She motivates and inspires me, and has become not only my teacher but also my friend.

Sincerely,

Beth MacLamroc