

July Pilates

During the visit to Paris in June/July 2011, I joined Core Body Pilates studio and took individual sessions. I asked for work on stabilizing and strengthening my shoulders to prevent further injury to my right forearm.



I saw 3 different Pilates Instructors, Emily, Sharon and Sally. It was very interesting to experience the different instructors, each of which had different exercises to throw into the mix, in addition to the tried and true postures.

I got lost the first time and missed a session because I got confused with 1500 and 5 p.m. (1500 is e p.m. in 24 hour mode.) Apparently I am not the first person who has made this error. They were gracious and re-scheduled that appointment for the next day.

It turned out that the 70 Bus that starts at the Hotel de Ville (a 12 minute walk from our apartment) drops me off a block away from the studio. It is very near this statue on the corner, The Centaur. Core Body Pilates is on Rue de Saints Peres south of Blvd. St. Germain and near the metro station of Sevres-Babylon. Unfortunately, that stop is not on a convenient Metro line for our apartment. But the bus is fine. Buses are a little more subject to traffic jams than the metro so sometimes the bus is not on time.



The location is about 3 blocks walk from the chiropractor's office where I am also treated by an acupuncturist. So I was able to schedule those two appointments near each other for one outing.



When I return, I will see if I can work in a mat class on a regular basis to keep my back in good condition. I am pleased that this trip I managed to avoid getting a bad back.