

Portland Pilates



Portland Pilates is Southern Maine's first Pilates Method studio, established in 1997. We are experienced instructors, having both had the honor of being trained and certified in New York City by Joseph Pilates' hand-picked successor—Romana Krysnowska.

Ours is a welcoming place— we specialize in private instruction, which can also branch into small group Pilates Method sessions. We also offer small and personal mat classes.

What is the Pilates Method?

The Pilates Method was originated by Joseph H. Pilates more than 75 years ago. Over his lifetime, Joe Pilates created over 500 exercises to bring the mind and the body together in flowing movements.

The Pilates Method focuses on strengthening the center of the body, called “the powerhouse”; (abdomen, lower back and buttocks). These muscles support the spine and internal organs, and control posture. All Pilates Method exercises center on the Powerhouse— to stabilize the torso and allow you to stretch out of your center. The mental image and physical act of pulling your belly button into your spine engages the Pilates Powerhouse.

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The Pilates Method's benefits include...

...improved posture, flatter tummy, improved circulation, increased strength and flexibility, better balance and coordination, mind/body awareness, stress relief, emotional balance; *exercise that's fun and challenging*

Studies indicate that exercise plays a significant role in reducing the risk of heart disease, stroke, colon cancer, osteoporosis and depression.

Our Instructors:

Nancy Etnier is the founding owner of Portland Pilates. Her interest in Pilates started in 1973 while earning her BFA in dance at SUNY Purchase, where she studied under Romana Krysnowska. It made a deep and lasting impression on her. After moving to Maine in 1977, Nancy had the pleasure of dancing with the Ram Island Dance Company in Portland, dancing with many guest and resident choreographers. After raising her girls to school age, Nancy decided to study Pilates Method instruction, and was certified by Romana in 1997. To this day Nancy loves teaching this beautiful method to all who come to her.



Susan Gates has been an instructor at Portland Pilates since 2003. Her certification is from The Pilates Studio in New York, where she completed her training in 2003. There, Susan studied intensively under the direct tutelage of Romana and her daughter Sari Mejia Santo, and granddaughter Daria Pace. Predating this training, Susan had been intensively studying Pilates since 1997 at The Art of Control, in New York's Westchester County.

